

Reiki THERAPY



Reiki Master Anne Schneider

Anne offers sessions in the Peak Fitness therapy room. She received her Reiki Master Level in 2010, after four years of study. Anne leads monthly Reiki training workshops and gives free public talks and demos.

What Can Reiki Do for You? Reiki is a non-intrusive, hands-on technique that promotes relaxation and supports healing at multiple levels:

- *catalyzes the body's natural ability to heal*
- *reduces stress - physical and/or emotional*
- *reduces/relieves pain, especially chronic pain*
- *stimulates the immune system*
- *reduces recovery time from workouts*

What to Expect During a Reiki Session?

Sessions are typically 75 minutes and recipients lie fully clothed on a massage table for the therapy. There is no manipulation of the body involved, as the practitioner lightly places her hands in a specific sequence of positions on the head, chest, and back. Recipients often experience benefits of the treatment for days afterwards.

How Does Reiki Work?

Reiki raises the body's energy, bringing the body to a place of balance where healing can occur naturally. Hospitals and patient programs utilize this world wide integrative therapy. Reiki supports other health care modalities and can increase their effectiveness and promote even faster healing.

To Make a Reiki Session:

Contact Anne 830-739-5828

Anne@ReikiTexas.info

For more info on Reiki, visit Anne's website!

ReikiTexas.info

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