

# Reiki Healing Sessions

*With Melissa Olson, Reiki Practitioner*

Would you like a dedicated hour to yourself where you can lie back and allow the healing energies of Reiki to wash over you?

## *What is Reiki?*

A holistic therapy used for stress reduction and relaxation that can also promote healing.

## *Benefits of Reiki:*

- Reduces stress & anxiety
- Relieves depression
- Strengthens self-esteem
- Aids in relaxation & improves sleep
- Clears blockages & suppressed emotions
- Strengthens intuition
- Balances chakras



## *Pricing:*

Reiki session: \$100  
Distance session: \$80



## *Contact:*

☎ 306-930-0182  
✉ soulconnections808@gmail.com  
f Soul Connections Counselling