

Transformational Breath, Reiki, Hypnotherapy, Meditation



BENEFITS

- ◆ Relieves tension and stress
- ◆ Promotes well-being and general relaxation
- ◆ Increases energy level
- ◆ Feel more joy in your life
- ◆ Eliminate restricted breathing patterns
- ◆ Improve your Health
- ◆ Strengthen and deepen your mind-body connection
- ◆ Clear cellular memories and nonproductive subconscious thought patterns and paradigms
- ◆ Enhances energy level
- ◆ Relaxes the mind
- ◆ Experience greater awareness of the higher aspects of your being
- ◆ Resolve addictive behaviors
- ◆ Pain management