



How does Reiki feel?

The effects of a reiki session will vary from person to person and from session to session.

How your body senses energy determines your experience. You may feel sensations from the practitioner's hands, such as cold, heat, slight tingling or energy; you may see colors; or nothing at all.

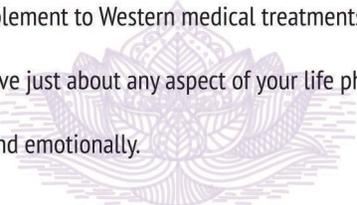
Many clients are so peaceful and relaxed they fall asleep. Awake or sleep, you will still receive all the benefits of your Reiki session.

Reiki is for everybody

Reiki can help if you are:

- looking to relax or reduce stress
- suffering from disease - physical pain
- looking for natural and complementary choices
- if you want to improve your health and well-being

Reiki is practiced in many hospitals and private practices, is a great complement to Western medical treatments, and can help improve just about any aspect of your life physically, mentally and emotionally.



Training

Are you on a quest for spiritual growth?

Are you curious about healing energies?

Do you want to help yourself, family or friends improve their health and overall well-being?

Visit www.liveyouryellowbrickroad.com to book a Reiki training.



About me:

I am a certified:

- Reiki Master Teacher
- Asian Bio-Energetic Therapy practitioner
- Master Practitioner & Coach of Neuro-Linguistic Programming
- Master Practitioner of Timeline Therapy™

Joanne Klepal

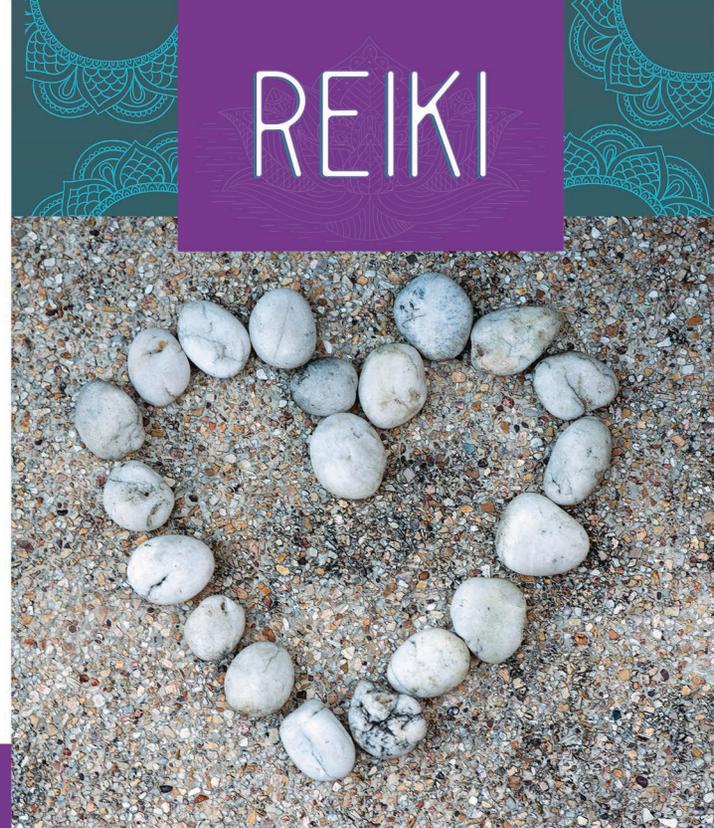
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REIKI IS LOVE,
LOVE IS WHOLENESS,
WHOLENESS IS BALANCE,
BALANCE IS WELL-BEING,
WELL-BEING IS
FREEDOM FROM DISEASE.

- DR. MIKAO USUI



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What is Reiki?

Reiki is a deeply relaxing, stress reducing, **hands-on energy technique** that promotes healing.

It is based on the idea that an unseen 'life force energy' flows through us which causes us to be alive.

If your life force energy is low, you are more likely to get sick.



Reiki helps balance your energy and relaxes your mind and body and...

A RELAXED MIND AND BODY
SUPPORTS YOUR BODY'S
INNATE ABILITY TO SELF-HEAL.



Before your session

- * Wear comfortable, loose-fitting clothing.
- * Bring or wear socks to keep your feet warm.
- * Quietly reflect prior to the session, check how you are feeling physically and emotionally, and notice any thoughts.
- * Think about your intention for your session.
- * Journal your intention, thoughts and feelings.
- * Come hydrated; drink plenty of water.
- * Arrive on time or a few minutes before your session.

During your session

- * You will lie down comfortably on a treatment table. A session may also be given sitting in a chair.
- * Using specific hand positions, your practitioner will lightly and gently touch specific points on your body, starting from your head and ending at your feet.
- * Your practitioner will let you know when your Reiki session is complete.

After your session

- * Drink plenty of water to hydrate your body.
- * Eat healthy foods during the day.
- * Dedicate quiet time after your session, 15-20 minutes.
- * Reflect on your experience, journal any insights or clarity you may.

Remember, the benefits of Reiki can continue after your session is over.

