



## Reiki Healing Therapy

60 min | 3,500Rs

**Reiki:** 'Rei' = Universal 'Ki' = life force energy also known as 'Chi' or 'Prana'. Referred to in Japanese, it is a soothing and effective form of energy healing subtly transmitted through the hands of the practitioner, evoking physical, mental, emotional, and spiritual well-being. Reiki makes for an ideal complementary therapy that can be included in a personal health or wellbeing program. Additional benefits include stress reduction & symptom relief, rejuvenation, promotes natural self-healing, strengthens the immune system, relieves pain, clears toxins, enhances personal awareness, heals holistically, adapting to the natural needs of the receiver.

info & booking 076 557 5556  
pranaloungecolombo@gmail.com  
Holistic Health Center Colombo

011 2684808  
pranalounge.lk  
Cinnamon Garden

