

# Reiki Tummo Healing



## Thursday Evenings

At the Helios Centre  
116 Judd St.  
London WC1H 9NS

(Opposite the British Library  
~ 5 mins between St Pancras/King's Cross,  
Euston and Russel Square stations)

**Book your session at the Helios Centre**  
Tel 0207 713 7120

**Cost?** By donation depending on what feels right for you.

**Reiki Tummo** is practised by thousands of people around the world. It is a safe and natural way to promote health and wellbeing by restoring balance to mind, body, emotions and spirit.

### How does it work?

- Reiki Tummo works by stimulating the flow of vital energy (Chi or Ki) within and around our bodies. This helps to recharge and rebalance the flow of our subtle energies, relieving the effect of stress while activating the body's natural ability to heal itself.

### What is involved?

- You lie on a massage table fully clothed, and relax.
- A group of 2 to 5 of us who have been trained in giving Reiki Tummo Healing will channel healing energy through our hands to you.
- An individual session lasts 30 minutes.

### What is it like?

- Reiki Tummo affects each person differently. Most people feel deeply relaxed and energised with a better sense of wellbeing after a treatment.

### For more information on Reiki Tummo

Contact:  
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