

Reiki Tummo Healing



Wednesday Evenings

Arrive 6.45pm for 7-9pm
Lancaster Hall Hotel,
35 Craven Terrace
W2 3EL
4 mins from Lancaster Gate tube

Cost: £10

We start with an intro about the spiritual heart and a warm up by doing Open Heart Meditation followed by Reiki Tummo Healing with a few short breaks, time to socialise and ask questions.

Beginners Welcome.

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 sit or lie down and relax.
- A group fully trained in giving Reiki Tummo Healing will channel healing energy through our hands to you.
- An individual session lasts 30 minutes to an hour.
- Bring a blanket and pillow to lie down on if you prefer which is more relaxing.

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 Luciana : 07595 600 703**