



Reiki /rākē/ is a Japanese technique that facilitates the flow of ki (also known as prana or chi) for healing and wholeness. Reiki promotes well-being, reduces stress and aids in the releasing of resistance that often causes physical ailments.

Reiki is performed while you lie on your back on a massage table fully clothed. The session will be performed by Cortney Martinelli, Reiki Master, and will begin with the testing of your chakras. This information is used to help guide the practitioner while using the ancient technique of gentling laying hands - starting at the head and ending at the feet. Essential oils are often used during the session as well. ☺ ♥

relieve stress with
REIKI



By Appointment Only, Hours of Availability:

Monday 4:30pm – 7:00pm

Thursday 9:00am – 12:00pm and 6:00pm, 7:00pm

Saturday 8:00am – 10:00am

Pricing: 60 minutes - \$60

Cortney Martinelli began studying and practicing reiki in 2010 after having medical problems of her own and using both reiki and yoga to heal. She has had years of experience sharing reiki with many people of diverse backgrounds. Cortney feels not only deep gratitude and reverence for the healing energy but for each individual she has been blessed to share it with. Cortney is also a certified yoga teacher and loves infusing reiki into her yoga classes.

YOGA BEISS



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*SOURCE: <http://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems>