

PROFILE:

Founded on over a decade of experience Restore Naturally provides personal Reiki Courses and Reiki treatments.

If you are looking for a simple way to:

- Relax
- Increase your energy levels
- Help your friends and family feel better
- Improve your physical, emotional and mental health
- Enhance your self development and spiritual life

A Restore Naturally Reiki course or treatment is for you.

Reiki can give you what you need, when you need it.

Restore Naturally Reiki Courses and treatments are professionally accredited with The Australian Association of Massage Therapists and the Australian Reiki Connection.

Reiki courses take place monthly and are held over a weekend.

Reiki, Massage and Shiatsu treatments are available Monday to Friday in Northcote and Camberwell.

Reiki Courses:

Learning Reiki is empowering. Restore Naturally offers all levels of Reiki - Reiki Level One, Two and Three/Master.

After a weekend Level One course you are able to treat yourself with Reiki. You don't need any special tools or equipment to start practicing- just yourself.

All courses run with a maximum of eight people so you receive individual support and attention.

Follow up support and practice is available for you after the course. You are welcome to attend monthly practice groups which are a great opportunity for you to share and receive Reiki.

Receiving Reiki, sharing it with others or doing self treatments is a wonderful experience. When you are involved with Reiki you connect directly with our own energy as well as a greater universal energy. The beauty of Reiki is difficult to express in words...

the best way to understand Reiki is to experience it yourself.

Be well,
Sarah

Ph: 0416 620 877

Web: www.restorenaturally.com.au