

REIKI & ENERGY HEALING

WITH LANA

I offer both **Reiki** and **Energy healing treatments**, as well as **Intuitive clarity sessions**.

Reiki is a gentle energy which is deeply relaxing. The treatment involves light touch and gentle, laying-on of hands. It relaxes and calms the mind and body to reduce stress and promotes natural healing and greater ease.

With **Energy Healing**, the intention is to assist in healing the body, mind and spirit to bring about optimal energy and wellbeing on all levels. Clearing blockages, as well as balancing and aligning the energy centres, allows energy to flow more freely and enhances quality of life. Often I work in silence whilst channeling healing energy, and at times I will guide you into or through an experience that requires your interaction. No physical touch is required to receive healing.

Intuitive clarity sessions provide an opportunity for you to share what is on your heart and together we create a space for insights to emerge in a gentle, relaxed way.

Experience greater inner peace



Reiki - 60 min

R550

Energy Healing - 60 min

R550

Clarity Session - 60 min

R450

Contact Lana to book:

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"I have found that Lana's deep unspoken intuition gives rise to space for me to receive unexpected insights, and to release into profound inner healing.

She is able by her energetic presence to create a gentle ambience of security, warmth and welcome conducive to openness.

My experience over many sessions is that during the reiki I have been relaxed enough to visit places I would not normally go to. It is a deeply satisfying experience.

I recommend anyone to receive a reiki treatment with Lana."

- Kath