



at American Concepts Martial Arts

Reiki is a Japanese healing art based on principles that healing energy is channeled through a person by the Reiki practitioner by using a slight touch or hovering of hands activating the natural healing process and to help restore physical, emotional and spiritual well-being. All living things contain life force/energy. When one's life energy is increased, the resulting return to balance accelerates healing.

"Rei" means Universal Life and "Ki" means energy.

We practice the Usui system of Reiki healing.



Reiki Treatments

The Reiki client is fully clothed and receives treatment on a massage table or in a chair. Hovering hands or light touch over chakras such as knees, tops of feet, head, neck. The reiki treatment is a very gentle, relaxing and restorative experience.

Our reiki treatments are: 30 minutes for \$35 **or** 60 minutes for \$60

We recommended treatments on a weekly basis for a minimum of 6 weeks, however, clients are free to choose how many treatments they would like. We welcome and encourage you to begin with one treatment and then decide what is best for you.

Payment is due at the time of treatment. While we don't require paying ahead, we do require notification if you will miss your scheduled appointment.

Clients should wear comfortable clothes, including socks, and bring a comfortable pillow

Please Note: Reiki is not a substitute for professional medical care. It is intended to be used for stress reduction, relaxation, and/or as a complement to traditional medical care promoting recovery, healing and well-being.



Reiki Practitioner Training

We offer Reiki certification classes so you can become a Reiki practitioner. Many people become certified to perform reiki on themselves, family, friends and pets.

The class is 3 hours and is typically offered on a Sunday afternoon.

Please contact us for details and the next available certification class date.



Our family and clients have experienced significant improvement after Reiki treatments for:

- blocked tear duct
- kidney stones
- anxiety
- pain
- scoliosis
- renewed energy in ailing pets
- burns
- bell's palsy

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