

My Reiki Session Recommendations

Before

Get Comfy!

- You will be laying down for about an hour, so make sure you are wearing comfortable clothes.
- You may want to bring a pair of socks with you, since your shoes will be removed and your feet could get cold.
- Use the restroom one more time!

During

Stay Comfy!

- Let me know if at any time, your session is uncomfortable in any way – from music too loud, to ceiling fan too fast, etc. This is time dedicated entirely to YOU.
- R E L A X !!

After

Reflect

- Hydrate – energy work can have a detoxifying effect, so make sure you are drinking lots of water after a session.
- Try to take some moments of quiet time soon after your session, to allow yourself to feel whatever you are feeling now – relaxed or invigorated, etc.
- Now is a great time to journal or somehow capture anything you were feeling during the session.
- Contact me if you have any issues or questions! 717-579-2864

Namaste!

Nan