

# What is Reiki?

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STRESS REDUCTION

INCREASED ENERGY

ENHANCES THE BODY'S NATURAL  
ABILITY TO HEAL ITSELF

Reiki (pronounced "ray-key") is a Japanese healing art and form of integrative therapy. It is a stress reduction and relaxation technique that enhances the body's ability to heal itself. It is a powerful, yet gentle method.

Each session typically lasts forty five minutes to an hour. The session takes place in a quiet, relaxing environment. The client lies down fully clothed on a massage table or sits in a chair. The practitioner uses guided imagery to quiet the clients mind. They place their hands on or above the client's body in a continuous series of positions allowing the Reiki energy to flow from their palms. The client will feel the heat from the practitioner's hands. After the session the client will feel very relaxed and more focused.

**Mandatory Orientation class is required for all new SDCRI clients,  
before appointments can be made.**

**Call 760-536-7679 to make an appointment.**