

What is Reiki?

Reiki is a safe, natural, and gentle holistic energy based healing modality.

Reiki heals by the use of life force energy removing blocked energy.

The increased flow of energy rebalances the body, mind, and spirit.

Reiki is a complementary therapy recognized by the Saskatoon Health District.

Relaxation
is one of
the key benefits
of Reiki



Gift certificates and
classes are available.

Cathy Nickel
Reiki
Master

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By appointment only