**Reiki Session FAQs**

**Who?**

You or your loved one

**What?**

Reiki, an ancient Japanese healing technique, uses spiritually guided gentle touch to balance the body’s energy and connect it with the body’s power to heal.

**Why?**

Reiki relaxes the mind, body and spirit, and often helps reduce pain or assist the healing process.

**When?**If you need to relax so your mind, body or spirit can heal, Reiki is for you.  It can also help put your life back in synchronization

**Where?**
Bitterroot Massage is located in a home office in Hamilton, MT. Off-site massages / home visits are also available upon request.

**How?**During a massage session clients will:

* Remain fully clothed
* Sit or lay on a comfortable memory foam covered therapy table
* Feel the practitioner’s hands gently on or above their head, heart, abdomen, legs and feet
* Sense deep relaxation and peacefulness, warmth, or a mild tingling

**Reiki Reviews**

*"I feel very relaxed and less stressed now."* R.W.

*"The Reiki felt good, real good, and my back feels better now."* K.W.

*"Reiki healed my shoulder surgery faster than it would have healed."*  P.M.

**Introduction to Reiki (5hrs) and Reiki I and II Classes (18 hrs)**

Offered periodically throughout the year and by request. Call for details.