

Energy Medicine Therapy

- Gentle and powerful hands-on technique using the most ancient, purest and simplest forms of healing.
- Natural healing method for restoring balance and promoting well-being.
- Balances the emotions and clears the mind.
- Increases vitality and reduces stress.

When energy pathways become blocked, due to physical problems, psychological pain, or injury our energy is not free flowing and dis-ease may occur. When your energy is actively circulated, it brings in bright, healthy energy, which refreshes and renews your body and all its organs.

Energy Medicine targets a wide range of physical and psychological difficulties, many times to a remarkable degree. The areas to which Energy Medicine can assist and even heal the imbalances are infinite. To create a list would mean cutting something valuable out.

During a session an energy scan of your body will be taken including the charkas and the meridian lines of the 4-body system (physical, emotional, mental and spiritual). This scan reveals the underlying cause of the presenting symptoms as well as offers a deeper understanding as to what your body is communicating. This session involves releasing and revitalizing at profound levels which then guides the body and mind to heal the imbalance

60 Minute Session.....\$100

Studio

Yoga has been steadily gaining popularity as a means to getting and staying fit and healthy and achieves more balance and harmony in an often-busy world. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

Gift Cards Available

Cancellation Policy A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing, will be charged the full value of the missed service.

Returned check fee is \$25.00

Holistic Services



A Yoga Studio &
Day Spa Committed
To Providing Services
That Are ...
all about you!

23 Village Inn Road
Westminster, MA 01473
At Exit 27 ~ Off Route 2

978-874-6200

www.ALLaboutYOUolutions.com

Reiki
Pronounced Ray-Kee, translates in to “Universal Life Energy”.

Rei is composed into three parts. The first part means rain, that which comes from the heavens and gives life to our planet. The second represents breath or prayer, with our breath we give voice to our deepest desires and truths. The third signifies king, that which rules, or the ruler or master within each of us. “Blessings from heaven, of a kingly nature raining down upon us.”

Ki is composed of two parts. The first part is balance between the energies of heaven and earth, of space and time and other basic dualities. A flux of energy like a wave, which surrounds us. The second part is rice a main food supply a main energy source. Its symbol represents change, and the heart of the moment, a place of stillness where all healing takes place. “the energy source of divine life resides both within and without physical form”

This ancient healing art channels “Universal Life Energy” through the hands of the practitioner into the body of the receiver.

Reiki is a non-invasive holistic therapy used to support the body’s ability to relax and promote natural healing. For the Reiki treatment the client remains fully clothed

while the practitioner uses various hand positions on or above the body. No pressure or manipulation is involved.

Reiki can reduce stress, promote healing, pain relief and can also provide emotional comfort. Reiki produces healing on multiple levels physical, mental, emotional, and spiritual. The therapist works with the energy field, (aura) in which there are seven layers and works also with the seven chakras to see where treatment is needed, sensing, cleansing, balancing, repairing, and charging the energy field and charkas. Restoring the body’s flow of energy to a state of renewed balance.

Reiki is the key that opens the door to your heart and helps you heal your life. It is a gateway to the healing and suffering and pain. It is a path to deep joy and inner peace. Reiki is a gift that allows us to connect more deeply with who we are.

EFT
Emotional Freedom Techniques

Is a powerful tool for physical healing, emotional healing and self-improvement. It is based on the ancient principles of acupuncture, but we don't use needles.

Instead, we simply tap on a few acupuncture points with the fingertips, while focusing attention on a specific problem or goal. This

directed tapping eliminates disturbances and blockages in the body's energy system, restoring the natural flow of energy.

We can all think of ways we would like to improve our lives, or problems we would like to overcome. The trouble is, making changes through conventional methods takes a lot of time, and usually a lot of willpower.

EFT corrects problems at their very roots, at the subconscious level. That means results are fast and long-lasting, and you don't need willpower. The process is painless and easy to learn.

EFT has very high success rates healing all kinds of problems, including chronic pain, headaches, allergies, phobias, addictions, depression, anxiety, relationship problems, and even serious illnesses. It often works where nothing else will.

EFT can improve your life in countless ways. It can help you stop smoking, lose weight, reduce stress, improve sports performance and increase your business success.

30 Minute Session.....	\$40
60 Minute Session.....	\$70
90 Minute Session.	\$100
Series of 3-60 Minute Sessions.....	\$200
Series of 5-60 Minute Sessions.....	\$300