



# Energy Balancing Therapies

## at **YOGA SANCTUARY**

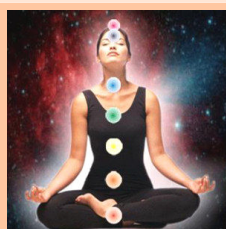
**FIND BLISS. FIND HEALING. FIND PEACE.**



### REIKI HEALING

If you have never experienced Reiki before, you are in for a treat! It feels like a wonderful glowing radiance that flows through you and around you. Reiki is an ancient Japanese therapy for relaxation and pain relief that also promotes healing.

Although Reiki can be "hands-on", unlike massage, Reiki is administered through a very gentle approach. While you are seated or lying down and fully clothed, our practitioner's hands rest on or hover above energy centers and pathways throughout the body to unlock the inner flow of vital energy within you. Reiki can help relieve physical and emotional pain and promote clarity. It also helps speed healing by restoring the lost balance between the mind, body and spirit.



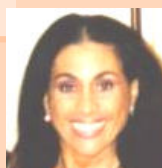
### CHAKRA BALANCING

Within us resides a subtle system of energy centers (chakras) which look after our physical, emotional and spiritual being. When we feel stressed or in pain, it can often mean that one (or more) of our chakras is out of balance, blocked or simply under-energized. Balancing the chakras can remove these blockages and significantly increase your energy flow. Chakra balancing can also promote health by enabling the entire mind, body and spirit to function in harmony at optimal levels. Using a combination of energy healing, guided meditation, creative visualization and breathing techniques, our practitioner can help to rebalance your chakras and induce a deep sense of peace, well-being and other benefits.



### Kim Meoli - Certified Reiki Master

Kim is one of Las Vegas' most respected and inspiring teachers. Her experience in both Reiki and yoga has brought peace and empowerment to countless students. Being in Kim's presence is a joy, for her love for her students and clients is limitless and comes from a wonderfully warm heart.



### Lucrezia Nelson - Certified Reiki Master

Living life grounded in love rather than fear is a cornerstone of Lucrezia's teachings, both as a yoga instructor and Reiki practitioner. Compassionate, intuitive, she brings a joyful presence into every moment. Those lucky enough to experience her leave with deep emotional healing and greater peace and serenity.

**1st Time Introductory Offer**  
**\$39 for 30-minute session**

### FEES

	40 MINUTES	60 MINUTES
single session	\$65	\$95
3 or more sessions*	\$60	\$90

\*if purchased in advance

VISA, MasterCard & Discover Accepted

**CALL EITHER OF OUR STUDIOS TO BOOK AN APPOINTMENT**



Las Vegas' Premier Place for Yoga (west studio) 7915 W. Sahara #101 240-7666 • (east studio) 9480 S. Eastern #252 407-0043

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