

Cost: No Cost Type: Face to Face
Sarah's Star supports people affected by incurable illnesses, including their families, friends, carers and NHS health professionals.
Sarah's Star is now offering Reiki sessions!
3 spaces available for 3 people per month
Please email info@sarahs-star.org for more details
Reiki is a Japanese energy healing technique. A relaxing form of energy therapy with many benefits reduces stress improves sleep stimulates the immune system speeds recovery balances mind & emotions improves anxiety & depression
reiki healing energy
Reiki Sessions



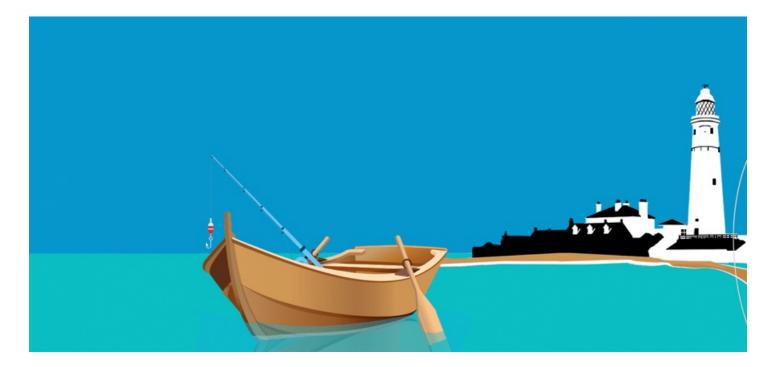


Room 11 Linskill Centre, North Shields



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