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Anna Semlyen Reiki 2, British Wheel of Yoga Dip, BA PPE (Oxon) MSc Health Econ (York) CRB enhanced disclosure, Ayurveda Natural Health Foundations Dip. Yoga Researcher

Anna has taught yoga since 1996 and practiced Reiki since 2002. She has co-authored a research manual on back care.

Anna teaches 8 yoga classes per week at the Friargate **Friends Meeting House**, at York University and at York St John University. Plus baby yoga & private lessons

Anna can offer the combination of Reiki and yoga treatments, for faster, fuller recovery from injury or illness.

Full details: www.yogainyork.co.uk



Private Therapy Prices

Consultation & Reiki or yoga practice plan at
24 Grange St, off Fulford Rd, Y010 4BZ

First 60 mins **£40**
(£5 per extra 10 mins)

If I travel to you within York Ring Road
First 60 mins **£45**


60 mins x 5 **£175**
(£25 extra if I travel to you)
Yoga for Healthy Lower Backs Relaxation CD
£12.99



www.yogaforbacks.co.uk

General Relaxation CD £7.50

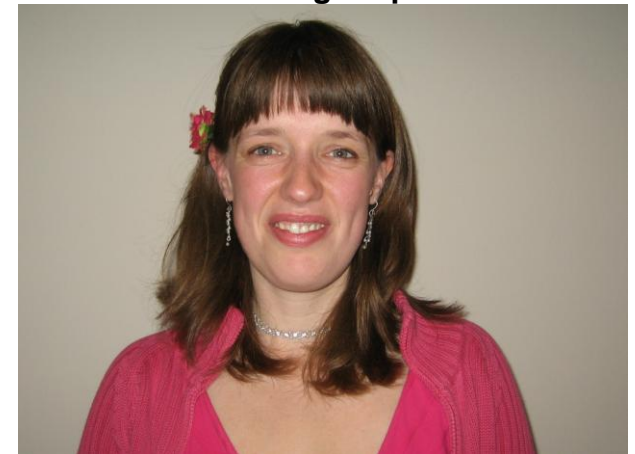
Gift Vouchers available

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Reiki Healing With Anna Semlyen of Yoga In York

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy. It enhances health with natural, hands on healing. Reiki aims to promote wellness in body and mind as well as calming the emotions.

**Anna Semlyen Reiki 2nd Degree
British Wheel of Yoga Dip**



What is Reiki Healing?

Reiki is a system of natural healing which evolved in Japan from the experience of Dr Mikao Usui (d.1926). He developed his healing system from ancient teachings after many years of study, research and meditation.

Reiki is both relaxing and accelerates the body's natural healing capacities

There is no belief system attached to Reiki so anyone can receive or learn to give a Reiki treatment, the only prerequisite is the desire to get better.

A Reiki Treatment

No diagnosis is required as a basis for Reiki. The recipient simply lies down and relaxes. If they are unable to lie down the treatment can be given in a sitting position. It is important for the recipient to be as comfortable as possible. There is no need to remove any clothing as Reiki will pass through anything. The practitioner gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms. A full treatment usually takes 1 to 1½ hours with each position held for several minutes.



What Does Reiki Help?

It is possible to heal at any level of being: physical; mental; emotional or spiritual. Acute injuries can be healed very quickly but more chronic illness takes longer.

Reiki healing can be given anywhere at any time because no special equipment is needed. The practitioner is a channel which the energy is drawn through by the need or imbalance in the recipient. Neither person has to use any effort of will or concentration during this process.

As running water smooths the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to heal. Reiki energy restores balance in one's life.

Reiki supports all forms of treatment both orthodox and complementary.

Reiki can help in many ways including

- to heal injuries
- to reduce pain eg from backache or headache
- to boost the immune system
- to reduce anxiety and insomnia
- to recover from giving birth
- to calm babies and young children
- to aid relaxation

Venue and Timings

A Reiki treatment can be arranged at your home or at mine (24 Grange St off Fulford Road, YO10 4BH) Timings can fit with your lifestyle e.g daytimes or at a weekend.

Relaxation is a wonderful tonic that

- * Relieves pain and softens the physical body
- * Calms the physiological systems
- * Brings clarity of mind
- * Brings stability and equilibrium to the emotions
- * Enhances energy and mood levels
- * Lifts depression (especially after active yoga)
- * Boosts the immune system
- * Increases productivity

The Yoga In York Relaxation CD is of 4 digitally recorded, spoken relaxation scripts by Anna Semlyen.

£7.50 plus £1 p&p to address overleaf