

YOUR APPOINTMENT:

Therapeutic Touch and Reiki sessions are offered at various times each week usually on Tuesdays, Wednesdays and Thursdays. Every effort will be made to accommodate you at other times if necessary.

- ⊙ Please allow an hour for your appointment. This includes the actual session, which will be 30 – 45 minutes in length, plus time for any beginning explanations as well as relaxation time at the end.
- ⊙ Wear loose comfortable clothing. For most sessions, shoes are removed.

To book an appointment, please call **Ann Schmid** at **416 499-0599** or e-mail annschmid@sympatico.ca.

Website: www.esgunitied.org - click on quick links to Wellness Ministry.

*A donation may be made to:
Eglinton St. George's United Church:
Wellness Ministry, 35 Lytton Blvd.,
Toronto, ON M4R 1L2.*

*We are located one block West of Sporting
Life at the corner of Lytton and Duplex.*

BENEFICIAL FOR:

- ⊙ Chronic fatigue
- ⊙ Facilitates healing (burns, fractures, post-op)
- ⊙ Pain relief (arthritis, back pain, migraine, repetitive strain, tendonitis, tennis elbow)
- ⊙ Multiple sclerosis
- ⊙ Parkinson's disease
- ⊙ Palliative care
- ⊙ Reducing stress, anxiety and depression
- ⊙ Awakens creativity
- ⊙ Creates health & wholeness

*These therapies are a complement
to the advice of a trained
healthcare professional.*

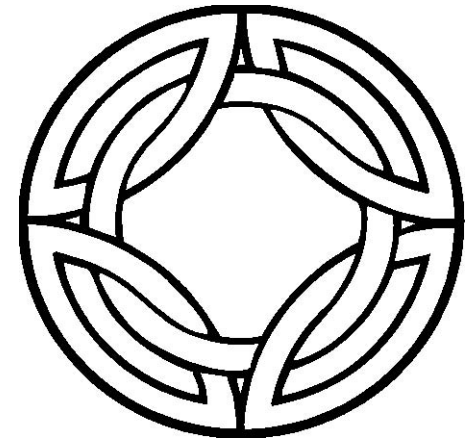


EGLINTON ST. GEORGE'S
UNITED CHURCH

35 LYTTON BLVD.
TORONTO, ON M4R 1L2
TEL: 416-481-1141

*Come and experience the
benefits of*

REIKI THERAPEUTIC TOUCH



HELPING THE BODY TO HEAL ITSELF

*Care for yourself so
you can care for others*

WELLNESS PRACTICES

INTRODUCTION TO REIKI & THERAPEUTIC TOUCH

These ancient healing practices enable the body to heal itself, create feelings of wellness, peace, balance and wholeness, and help a person physically, mentally emotionally and spiritually.

The Practitioner Volunteers from the Wellness Ministry at Eglinton St. George's United Church offer sessions in Reiki and Therapeutic Touch (TT). These sessions are offered to the congregation and the community at no charge; however, donations to the Wellness Ministry are accepted and appreciated as recognition of the ongoing education, time and talents of the volunteers.



REIKI

Reiki is an ancient Japanese therapy discovered, developed and updated by Dr. Mikao Usui of Kyoto, Japan in the early 20th century. Reiki (pronounced “ray-key”) means spiritually guided universal life energy. This energy therapy is taught by Reiki Masters, who have studied, trained and practiced this healing art. Reiki’s many benefits are becoming recognized by health professionals world wide and are accepted by mainstream medicine.

The practitioner’s hands are placed strategically on the client’s clothed body. Reiki energy is often experienced as warmth or tingling as it goes to wherever the client needs it to facilitate the healing process. The length of a Reiki session varies according to the client’s needs, but the client always receives enhanced benefits by following the session with a rest period.

Regular treatments help balance the body, cleanse the body of toxins, and contribute to health maintenance.



THERAPEUTIC TOUCH

A contemporary interpretation of ancient healing practices, Therapeutic Touch (TT) is the use of hands 2 to 4 inches from the client's body to balance and restore energy, in order to induce relaxation, reduce anxiety, change the perception of pain and facilitate the body’s innate ability to heal.

With the client’s permission the practitioner may lightly touch the shoulders, feet and hands. The length of the TT treatment varies according to the client’s needs, but a rest period following the session is always encouraged to enhance the full benefit of the session.

Developed in the early 1970’s by Professor of Nursing Dolores Krieger PhD., R.N. at New York University and Doris Kung, TT is taught in numerous colleges and universities and practiced by thousands of health professionals, holistic practitioners and lay people around the world.

