Reiki & Reflexology Taster Sessions

Folkestone Early Years Resource Project
Registered Charity No. 1123516

April - June 2009
Mondays
12noon-1pm

Reiki means 'universal life-force energy'. It is an ancient hands-on method of healing, which will give you exactly what you need at the time of your healing. For example:

- Re-charge your batteries or calm your mind
- Reduce pain & inflammation
- Helps with problem solving
- Relieves stress

Reflexology is a complementary therapy that works on the feet or hands enabling the body to heal itself. Following illness, stress, injury or disease, it is in a state of "imbalance", and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing.

Shepway Family Information Project

B-4-8s

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B48s' Fundraising Appeal

These fabulous taster sessions are just £5!
Just phone or pop in to book your session!

B48s, 4 Town Walk, Folkestone
CT20 2AD
0800 633 5893
Www.b48s.org.uk

All proceeds will be going towards B48s' Fundraising Appeal