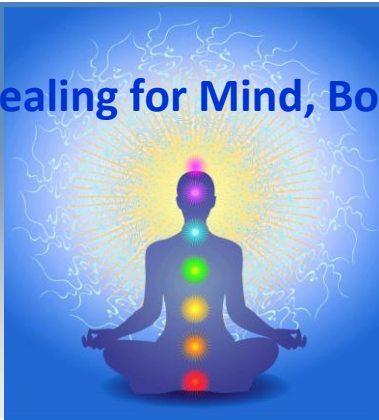


# 10 Day Chakra Healing Therapy

Our therapy is a set of 10 healing sessions to be completed in a span of 12- 15 days. Each session lasts for 40-50 minutes. The patient does not have to do anything; he/she simply lies down. The therapy is administered by the healer laying their hands on the patient and channeling energy to the various energy points. We use a combination of Reiki, Crystal and Angel healing to bring relief to the patient.

## Chakra Healing for Mind, Body and Soul



- Relief from stress, anxiety
- Overcomes fear
- Heal faster from injuries

- Peace of mind, calmness
- Relief from body pain
- Improves sleep

### Who should sign up for this therapy?

This therapy is meant for those who are feeling stressed, confused, anxious, depressed or going through relationship issues or severe body pain or sleep issues. Those who are curious about chakras, energy, healing, crystal, Reiki are also welcome to sign up.

Most people notice a difference in their state of mind in 3-4 days. If you benefit from the therapy, you are welcome to learn it for yourself. We conduct monthly classes to teach this therapy.



### Chakra Healing Session

- Scanning of patients chakras/ energy
- Correcting imbalances of energy
- Channelling energy to weak areas
  - Cleansing of energy body
- Recommending for home exercises
- Counselling; if patient wishes to discuss

*"I would highly recommend Shibani as I took reiki sessions from Shibani 3-4 years back and felt complete peace within myself. I still remember the stillness and peace felt at the end of each session and how it motivated me to actually go and learn Reiki level 1&2 just to understand the experience better.*

*Life sends you gurus in form of book, event or person, so that you learn what you need to at each stage and move ahead your journey. Shibani is one such guru in my life who introduced me to Reiki and energy healing."*

*-Neeta Gunda, Yoga Teacher.....more reviews at [www.facebook.com/Y2LStudio](http://www.facebook.com/Y2LStudio)*

- Timings are by appointments. Appointments are available between 9:30 am to 6 pm.
- Location is in Baner, near Kapil Malhar Society
- Please call or whatsapp 9158487992 for appointments/ questions.

Shibani Thakur, **9158487992**

