



## SHAYLINI

Shaylini is a world-renowned Reiki Master Teacher and Practitioner with a worldwide and celebrity clientele. She provides deeply healing treatments to help experience freedom from emotional, mental and physical imbalances.

### Deeply Intuitive Reiki Healing

**1 hour** **£200**

**1 hour 30 mins** **£275**

Reiki healing is a deep form of energy healing which works to align you to your true potential, remove negative energy and helps you achieve inner peace and happiness. This experience will treat imbalances using a variety of techniques including emotional body clearing, vibrational frequency rebalancing, karmic pattern and chakra cleansing along with energy healing restoration.

### Chakra Balancing

**1 hour** **£200**

**1 hour 30 mins** **£275**

Chakra balancing replenishes the body's life energy from the chakras right through to the cellular level, whilst enabling the release of any depleted energies. This ensures optimal flow and even distribution of energy throughout each chakra, resulting in balance, elimination of disease and powerful healing and cleansing.

### Deep Emotional Healing & Cleansing

**1 hour** **£250**

**1 hour 30 mins** **£320**

This healing experience will bring back a peaceful state of serenity and wholeness in body, mind, and soul. This divinely guided healing will release blockages that are preventing you from moving forward and will enable you experience love and peace throughout.

### **Reiki & Crystal Healing**

**1 hour** **£250**

**1 hour 30 mins** **£350**

Experience complete restoration and amplification of deep inner peace, love, and compassion through the healing energies of Reiki, Rose Quartz and Selenite crystal body healing. Shaylini provides a unique emotional healing technique that works to release emotional stress and restore inner peace, alignment, and clarity from a place of love.

### **Reiki Healing and Chakra Balancing**

**1 hour** **£275**

**1 hour 30 mins** **£350**

Combining the deeply healing intuitive energies of Reiki with Chakra Balancing, this powerful treatment works to provide a full body healing whilst also replenishing the life energies and balancing the energies of the chakras. This combination healing treatment works to heal your body's prana or life energy from the chakras right down to the cellular level.

### **Karmic Pattern Cleansing and Karmic Healing**

**1 hour** **£200**

**1 hour 30 mins** **£270**

Karmic Pattern Cleansing works to heal and release deep cords of energy stemming back generations or through recent past relationships that unconsciously influence our current lives and relationships. This powerful energy will help to transform negative patterns in such a way that you will very naturally make conscious and positive life choices that lead to experiencing deep inner joy and connection. It will clear the blocks that may be preventing you from experiencing your utmost potential in life and will enhance your intuition and awareness to create healthy, new energetic patterns going forwards.

### **Kundalini Yoga**

**40 mins** **£180**

Through its high vibrational and healing energy, Kundalini yoga works to create profound healing, release, expansion, and awareness on all levels of your mind, body, and soul. It does this through activating your Kundalini energy, or shakti. This is a spiritual energy that is located at the base of your spine and connects us to the divine energy within. Through a combination of breathwork, music, mantras, specific movements (kriyas and mudras) and meditations, Kundalini yoga works to strengthen intuition and willpower.