

REIKI

IS THE *secret*
SAUCE FOR ATHLETES

Reiki is the key ingredient missing from most athletes' health regimen, that can heighten their level of performance. When we talk about what makes an athlete go from good to great, Reiki therapy can be the difference.

The intangible state of 'getting in the zone' is one of the greatest benefits of Reiki therapy for athletes; below are some other valuable benefits:



BOOSTS CONCENTRATION AND CALMNESS UNDER PRESSURE



REDUCE ACES, PAINS, SORENESS AND INFLAMMATION IN THE BODY



REDUCES THE NEGATIVE EFFECTS OF WORKING OUT BY IMPROVING POST-WORKOUT RECOVERY



SPEEDS UP THE HEALING PROCESS AFTER AN INJURY OR ILLNESS



RESTORES UNBALANCED SLEEP PATTERNS



CREATES A POSITIVE MINDSET

