


Reiki or One-on-one Pilates sessions













Location **South West, Isle Of Wight**
<https://www.freeadsz.co.uk/x-550437-z>

Look, feel and deal with the everyday stresses of everyday living. If you neglect your health and wellbeing, your body's need for essential maintenance and regular breaks, it can lead to STRESS and other health problems such as DEPRESSION, MOOD DISORDERS, PSYCHOSOMATIC PAIN and ILLNESS, SEXUAL DYSFUNCTION, EATING DISORDERS and a wide variety of PSYCHOLOGICAL PROBLEMS. REIKI can be used to rebalance the mind, body and spirit and bring it back into.



The Sheep Chakra
 One-on-One Private Sessions - Reiki/Pilates
 Gosport
www.sheepchakra.co.uk

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