

Healing Hands

Puja Chugani introduces you to four of the island's most skilled and reputed experts in their field who will help you unwind, de-compress and feel like a newly energized person!

REIKI MASTER

Mary Laure Teyssedre

(590) 690 81 29 19

✉ marylauret@yahoo.fr 🌐 www.stmartinreiki.com

A long-time student in the field of Reiki and a member of the IARP (International Association of Reiki Professionals) Mary offers Reiki sessions as well as extensive training courses. Reiki is one of the most widely known forms of energy healing. The practitioner places his or her hands on the person to be healed and the Reiki energy begins to flow. This form of healing is used for several reasons, including re-establishing inner harmony, releasing stress, bringing peace to a restless mind, improving one's energetic potential and balancing the body, emotions and thoughts.

Her Reiki sessions last between an hour to an hour and a half. During a session, the client will lie down on the Reiki table, fully dressed, and the healer puts his or her hands on different parts of the body allowing the energy to flow through their hands. The diffusion of essential oils, a benefit of Mary's extensive training in aromatherapy, as well as meditation and music, together with the energy you receive allow you to center yourself and re-establish a natural balance. Mary also offers by appointment EMF Balancing Technique Sessions, which help to adjust one's electromagnetic field in order to regain lost energy.

