



SUHRIDA

MIND-BODY & ENERGY WELLNESS

In-Person Session Structure

Yoga & Breathwork: Each session begins with grounding and breathwork to prepare the body and mind. These practices help create a receptive state for the healing energies of Shamballa Reiki.

Incorporating Oracle Cards: Optionally and as an enriching element, I may integrate oracle cards into the session. These cards offer insights and guidance, acting as tools to set intentions and focus on specific areas of healing, enhancing the overall spiritual experience.

Reiki Treatment: Following this, I facilitate a personalized Shamballa Reiki treatment. Through gentle touch and the use of sacred symbols and crystals, I guide the flow of healing energy, promoting relaxation, stress reduction, and rejuvenation.

Sharing and Integration: At the end of each session, there would be an opportunity for reflection and sharing. This part of the session allows for a supportive environment where experiences can be discussed and insights can be shared.

Remote Session Structure

1. Scheduling: Contact me to schedule your session. I will arrange a convenient time for your distance healing experience.

2. Prepare Yourself: Find a quiet space, dim lights, play calming music, or light a candle for a relaxing atmosphere. Sit or lie down comfortably, wear loose clothing, and remove distractions like electronic devices. At the scheduled time, energetically connect with me. Close your eyes, take a few deep breaths, and set your intention to receive the healing energies being sent to you.

3. Session: Meanwhile, I channel Shamballa Reiki energies to your specified location using symbols, mantras, and visualization techniques. Relax deeply during this time; you may feel sensations or subtle shifts in energy. Sometimes, you may not feel sensations during the session. Rest assured that the healing energies are flowing to where they are needed most.

4. Post-Session Integration & Follow-Up: After the session, rest and integrate the experience. Hydrate, reflect, or journal to note any sensations, thoughts, or emotions. I may check in to offer guidance or insights.

Should you have any inquiries, please don't hesitate to reach out at info@suhrida.be. I am here to assist and provide any information you may need.

Disclaimer: Shamballa Reiki is a complementary healing modality and should not replace medical advice or treatment. Please consult a healthcare professional for any medical concerns.

HARMONISE. HEAL. FLOURISH