

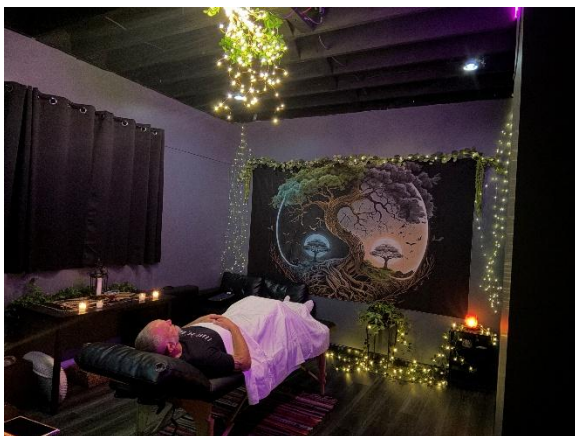


Mindful Health/Fitness Studio

210 S Market St Unit 6

Winamac, Indiana 46996

Entrance is on the North side of the building



<https://www.facebook.com/alchemywinamac>

About Reiki

Reiki (pronounced ray-key) translates to “universal life force energy” and is a non-invasive form of alternative healing therapy that originated in Japan by Mikao Usui during the early 1900s.

It's based on the idea that there is a universal life force energy that flows through energy centers known as chakras in the bodies of all living things. Chakras are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Stressors and traumas of everyday life can impede this energy to flow properly. When energy centers are blocked or imbalanced, it can lead to physical, emotional, or spiritual issues. Reiki sessions restore this flow of energy throughout the body for both humans and pets.

Reiki can be experienced either in-person or remotely. Its unique nature allows it to transcend the constraints of time and space, making it possible for individuals or pets to receive Reiki's healing energy no matter where they are in the world. Reiki is safe for people and pets of all ages.

It's important to understand Reiki, is complementary in nature and should not replace conventional medical treatment. For any medical concerns, please seek guidance from a qualified healthcare professional.

What is a Reiki session like?

During a Reiki session, the individual remains fully clothed while relaxing comfortably on a massage table or sitting in a chair. Reiki practitioners use a series of 12 to 15 different hand positions on or above the individual's body. The length of time that the practitioner leaves their hands in each position is determined by the flow of energy through their hands at each location.

What does Reiki feel like?

People who receive Reiki often report feeling more relaxed, less anxious, and more peaceful. Whether experienced in person or at a distance, perceptions vary from person to person and session to session. Often other feelings include warmth, coolness, or tingling sensations. You may even fall asleep or see a variety of colors while your eyes are closed. Whether a person feels a lot or a little does not indicate the amount of help Reiki is giving.

What are the benefits of Reiki?

It can help to reduce pain, improve sleep, and boost the immune system. In addition, it can be helpful for people or pets who are dealing with emotional issues such as depression or grief.

Reiki can help with but is not limited to:

- chronic pain disorders, lessen recovery times after surgery
- sports injuries, migraines, gastrointestinal issues
- anxiety, depression, insomnia
- symptoms of illness such as the common cold and bronchitis
- First-aid on cuts, bruises, etc.
- help expectant mothers cope with the mental and physical challenges of pregnancy, labor and postpartum times
- ease the transition of patients in hospice care at the end of life
- allow healthy processing of grief following loss or trauma

Benefits of Reiki for Pets:

- Stress Reduction for Anxious Pets
- Pain Relief for Aging or Injured Pets
- Improved Relaxation and Calmness
- Emotional Healing
- Preventative Care
- End-of-Life Support

How often should I receive a Reiki treatment?

Many people find that they benefit from regular Reiki sessions, which can be scheduled as often as once a week or as infrequently as once a month. The frequency of sessions depends on the individual's needs and is completely up to the individual. Some people may only need a few sessions, while others may continue to receive Reiki on an ongoing basis.

What is Reiki distance healing?

It's a technique in which a Reiki practitioner sends healing energy to a recipient who is not physically present. In traditional in-person Reiki sessions, the practitioner places their hands on or near the recipient's body to facilitate the flow of energy.

Services and Pricing

Reiki and ASMR

\$40.00	30 Minute Reiki or ASMR
\$70.00	60 Minute Reiki or ASMR
\$100.00	90 Minute Reiki or ASMR
\$130.00	120 Minute Reiki or ASMR

\$50.00	30 Minute Reiki and ASMR
\$80.00	60 Minute Reiki and ASMR
\$110.00	90 Minute Reiki and ASMR
\$140.00	120 Minute Reiki and ASMR



Jeania- Reiki Practitioner

25 years' experience in Reiki
Email alchemyfit@outlook.com
Phone or Text: 574-732-7922

We will be offering more services in the future!
Located at 210 S Market Street Unit 6 in Winamac, Indiana
Namastè

Prepaid punch cards for five sessions are available for 20% off. Gift certificates are also available for purchase. Prices are subject to change.

However, with distance healing, the practitioner can send Reiki energy to someone who may be in a different location, even miles away.

The concept behind distance healing is based on the belief that Reiki energy transcends time and space and can be channeled across any distance. The practitioner connects with the recipient energetically and uses specific techniques to send the healing energy to them.

The Five Reiki Principles

Just for today, do not be angry.
Just for today, do not worry.
Just for today, be grateful.
Just for today, work diligently
Just for today, be kind to people and every living thing.



ASMR

ASMR, or Autonomous Sensory Meridian Response, is a tingling sensation that some people experience in response to specific sights, sounds, or textures. This phenomenon can lead to feelings of relaxation and well-being. While not everyone experiences ASMR, those who do often find it soothing and stress-relieving.

What Does ASMR Mean?

ASMR is the term used to describe a tingling, calming sensation some people report experiencing in response to close personal attention or certain audio or visual stimuli. ASMR stands for autonomous sensory meridian response. *Autonomous* means that the feeling is in your body, *sensory* means that your senses perceive the feeling, *meridian* refers to the energy of the feeling in your body, and *response* indicates that the feeling is a response to stimuli.

Not everyone experiences ASMR, but for those who do, they describe a pleasant tingling that starts at the top of their head and sometimes travels down the spine and limbs, accompanied by feelings of blissful relaxation and drowsiness.

Who Experiences ASMR?

Similar to how not everyone gets chills from emotional music, not everyone experiences ASMR. Currently, research is insufficient to determine what percentage of people experience this phenomenon.

Many people first notice ASMR as a calming sensation in their youth, often triggered by close personal attention or watching someone perform a task carefully.

The best way to know if you experience ASMR is to think of whether you get “chills” or a shivery sensation in response to certain stimuli. If you experience this pleasurable sensation when you hear, see, smell, or touch something, then you probably do experience ASMR.

It is important to note, however, that everyone responds to triggers differently. One person might experience the feeling in response to the sound of whispering, while another person might feel it when someone plays with their hair.

Signs of ASMR

While ASMR can feel similar to the chills experienced from an incredible painting, moving speech, or music, the two are physiologically different. ASMR tends to be calming and somewhat sedating, whereas chills are more physiologically stimulating. ASMR tingles usually start at the top of the head, while chills from art or music might begin in other areas like your limbs or spine. The tingly, happy sensation from ASMR is similar to the feeling some people get when someone massages their head or tickles their arm, causing chills or “goosebumps.” However, ASMR can occur without any physical touch. It involves different stimuli triggering the response. ASMR is not unlike a crossing of the senses in that you’re receiving visual and auditory triggers that stimulate an almost tactile sensation. You experience a similar feeling to being massaged on the back of your head, but without actually being touched.”⁴

People who experience ASMR report feeling:

- Calm
- Better able to cope with insomnia, anxiety, and depression
- Relaxed
- Sleepy

Make your appointment today!