

Wellness for Body, Mind and Soul



reiki engadin

*Traditionelles Usui- und
Shingon-Reiki*

*Advanced Metaphysical
Healing (AMH plus)*

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Discovering and enhancing your own life energy through Reiki

**More vitality and health
by activating self-healing
powers.**

During treatment, certain
points on the body are
gently touched.

This activates energy
currents and makes them
flow. Patients relax while
lying on a massage bed
and let these new ener-
gies flow in through their
chakras.

**Applications of Reiki
include:**

- lack of energy and
motivation, fatigue and
exhaustion
- stress management
- tension
- insomnia and restless
sleep
- chronic pains
- headache and migraine
- indigestion
- pain therapy
- after surgery

*The deep relaxation of a Reiki
treatment, lets body, mind and soul
recuperate, for self-healing and
regeneration – thereby reaching
profound harmony.*

Shingon-Reiki treatment

*Reiki may be applied as a full body
or partial treatment. A Shingon-
Reiki treatment takes about 1 hour.*

Shingon-Wellness treatment

*Also for patients who are pain-free:
Treat yourself to a brief time-out in
total relaxation. Reiki is pure well-
ness for body and soul. A Shingon-
Reiki-Wellness treatment (full
body) takes about 1 ½ hours.*

Advanced Metaphysical Healing

*Emotions stored in the muscles,
leading to tension and pain, are de-
tected and treated in a light trance
(AMH by Duff Cady). In AMH plus,
an advanced metaphysical healing
method, elements of the Buddhist
healing tradition and Shingon-Reiki
are added.*

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*More information about Reiki is
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*Appointments by prior
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