

REIKI AT HOSPICE SLO COUNTY



Reiki is a form of energy work that Hospice SLO County offers with trained practitioners for clients, caregivers, volunteers, and community members.

Reiki is a gentle, natural, and reassuring energy intended to support the healing process on all levels: physical, mental, emotional, and spiritual.

When in-person and with permission, the practitioner gently place their hands on the recipient laying comfortably on a warmed massage table.

Reiki is often experienced as a relaxing and powerful yet unobtrusive flow of healing energy. Many recipients report a sense of warmth and calm as well as a decrease in stress level during and after a Reiki session.

Sessions are 25 minutes long and they are booked in advance. This service offers the space and time to relax deeply creating the opportunity for improved health and enhanced quality of life.

Our clients have reported Reiki to be effective in soothing and easing the process of grieving.

Some of the benefits of Reiki include:

- Increased vitality
- Increased healing and reduced pain
- Reduced stress
- A natural deep sleep

To book an appointment with one of our certified Reiki practitioners at the Hospice SLO County office, please call (805) 544-2266.

