



Kathy Sharman CRA-RP, recently retired as a library technician within the school system, Kathy started her Reiki training as a way to help her husband with some of his medical conditions. After taking Reiki level I she realized that she was also benefiting from self Reiki. This lead her to taking level II and training to be a practitioner. Kathy is a registered practitioner with the Canadian Reiki Association. Her goal is to help clients heal and cope with physical and mental pain, to reduce stress and bring peace into their everyday life. Kathy is available for drop-in clients on Thursday afternoons or by appointment at other times. esharman@shaw.ca • 306-384-0778



Gloria Evanoff B.Ed., CRA-RP, a retired Special Ed Teacher who is now enjoying Substitute Teaching, began exploring Reiki Energy two years ago and has completed the first and second levels in the Usui System of Natural Healing with Reiki Master Darlene McGrath. Since then she has completed her Reiki Practitioner training, exploring and working with clients, balancing and harmonizing all aspects of a person's body, mind, emotions and spirit, promoting relaxation and a sense of well being. Gloria is a Registered Practitioner with the Canadian Reiki Association. evanoff@sasktel.net • 306-441-6340



Joan Grozell B. Ed. Joan's Reiki experience has been twofold. She first enjoyed the benefits of Reiki as a client and now as a Level II Reiki Practitioner. Married and the mother of three grown sons, the youngest being Autistic and profoundly deaf, she appreciates the calmness and serenity that Reiki brings to a very hectic and chaotic life. Reiki gives the mind and the body what it needs and Joan would love to share that experience with you. jgroz@sasktel.net • 306-222-7753



Debbie Milne B.Ed, CRA-RP has lived and participated in community organizations in Saskatoon for almost 20 years. As her children grew up, she spent more time with her aging parents. Debbie discovered Reiki and hoped it could be used to relax her father who had dementia. It did, along with sparking joy, patience and compassion within herself. Training, extensive reading and practice on others followed and she is now a proud CRA certified practitioner. Debbie is pleased to offer an attentive, caring presence for those who are seeking respite from stress, anxiety or difficult situations. She meets with a Healing Touch group and is a member of Healing Pathway Canada. She enjoys yoga, swing dancing and walking her dog. debbie.milne@sasktel.net • 306-343-8783

Reiki

A shining light,
an energy that flows.
A feeling that's right,
and healing that grows.
Relaxing and warm,
the energy sets you free.
From pain and harm,
it lets you just be.

You can live life each day,
and achieve your goals.
The energy finds a way,
to your body, mind and soul.
It can open doors for you,
it will set you free.
Your life starts anew,
with the love from Reiki.

Ashten Kindrat, Level 1 Reiki Student

An Invitation to Enjoy Reiki at Queen's House



A Reiki treatment will leave
you feeling relaxed,
confident and energized.

Queen's House
Retreat & Renewal Centre
—
A Home Away from Home

Are you tired...stressed out...wanting to slow down...needing a lift? Come and try a Reiki treatment and experience a deeply relaxing way to energize your day.

What is Reiki?

Reiki is about balance.

The Japanese word "Reiki" ("ray-key") refers to the life-giving energy that nourishes all living things flowing within and around us. Reiki helps to balance this life energy.

What happens in a Reiki Treatment?

During a treatment, the person remains clothed and the practitioner's hands can be placed in contact with the person or a few inches away.

Reiki is similar to acupuncture but improves the energy flow without the needles.

How does Reiki heal?

When we experience stress and pain in our body, a blockage is created that stops the natural healthy flow of energy. If the blockage goes unattended the body will become out of balance and eventually ill with disease.

Reiki flows through the hands of the practitioner to release the blockage, allowing the body's natural energy to flow again, to heal itself and prevent further illness.

Reiki quiets the mind and allows the body to function more effectively.

Why should I try Reiki?

Reiki increases your energy level.

Reiki is a highly effective and totally natural form of pain control.

The immediate benefits of Reiki are relief of pain, release of tension and a sense of wellbeing.

The long-term benefit of Reiki is a more balanced lifestyle.

Reiki, by balancing the body, is preventative health care and an important step toward personal self-care.

Reiki energy empowers people in making changes in their lives by reducing stress and re-energising the body.

Reiki may be used as a complement to other forms of health care.

Reiki Services at Queen's House

\$1.00 a minute for any length of session.

To book a Reiki treatment while you are at Queen's House please sign up on the sheet posted on the door of Rooms #1 and #3, or call the phone number posted to arrange an appointment.

Queen's House Retreat & Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9

phone: **306-242-1916**

email: **receptionist@queenshouse.org**

For details on all programs:

www.queenshouse.org



Darlene McGrath
B.Ed., CRA-RT

Queen's House holds a special place in my heart. I received my first Reiki treatment in Canada in the safety of Queen's House in 1995. Since that first Reiki treatment, my journey with Reiki has

taken me from studying to become a practitioner, to becoming a Reiki researcher at the University of Saskatchewan with a focus in breast cancer and trauma, to teaching Reiki at SIAST and now to teaching and practicing at Queen's House.

I have always looked for a safe environment for clients to experience a Reiki treatment and training. Queen's House is a place where people come to make changes in their lives. Similarly, Reiki is a healing energy that changes lives. The positive environment at Queen's House is incredibly supportive of this healing process. Thus, Reiki and Queen's House fit together beautifully.

As a teacher of Reiki, I have chosen to teach through the Canadian Reiki Association (CRA). The CRA is committed to the ethical practice and teaching of Reiki in Canada.

I feel very blessed to be a part of the healing mosaic at Queen's House, where you can find a safe place to experience the gentle, deep, powerful relaxation and pain relief of Reiki.

Contact information: All information about my Reiki classes can be found on my website: www.darlenemcgrath.com

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