



**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](http://www.darlenemcgrath.com)

**306-220-3188**

**[darlenemcgrath@sasktel.net](mailto:darlenemcgrath@sasktel.net)**

**[www.reiki.ca](http://www.reiki.ca)**



**Debbie Milne B.Ed, CRA-RP** has lived and participated in community organizations in Saskatoon for 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 is available Wednesday afternoons, or by appointment.

**[debbie.milne@sasktel.net](mailto:debbie.milne@sasktel.net) • 306-343-8783**



**Roxanna Kaminski RN, MN, CRA-RT** is a Registered Nurse with an interest in alternative therapies and a passion for helping others. She found Reiki in 1998 and started her training with Darlene McGrath in 2002. Roxanna is a wife and mother of three who enjoys teaching in a post-secondary nursing program. Her thirst for knowledge keeps her busy; Reiki keeps her grounded. She has practiced Reiki for 16 years on friends and family and is currently building a client base. Benefits of Reiki include feelings of relaxation and stress reduction.

**[roxannak@sasktel.net](mailto:roxannak@sasktel.net) • 306-227-9769**



**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](mailto:jgroz@sasktel.net) • 306-222-7753**

### 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



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.

**2020 Reiki Circle,  
Reiki Retreat  
and Reiki Teaching Schedules**

To register for the following programs please contact Darlene McGrath, 306-220-3188 or visit [www.darlenemcgrath.com](http://www.darlenemcgrath.com)

**Reiki Circle Sundays  
2:00 - 4:30 p.m.**

January 5  
February 2  
March 1  
May 3  
June 7  
July 5  
August 9

**Reiki Wednesday Afternoon  
Mini-Circles  
1:30 - 4:00 p.m.**

March 25  
April 29  
May 27  
June 24  
September 30  
October 28  
November 25  
December 9

**Spring Reiki Teaching  
9:30 a.m. - 5:30 p.m.**

**Reiki Level One** - April 4/5 or 4/25  
**Reiki Level Two** - May 30/31 or May 30/June 6  
**Reiki Level 3 - Retreat:** June 12-14

**Fall Reiki Teaching  
9:30 a.m. - 5:30 p.m.**

**Reiki Level One** - October 17/18 or October 17/24  
**Reiki Level Two** - November 14/15 or November 14/28

**Reiki Retreats  
9:30 a.m. - 7:00 p.m.**  
*(by invitation)*

**Spring: April 18  
Fall: September 13**

**Queen's House Retreat & Renewal Centre**  
601 Taylor Street W, Saskatoon SK S7M 0C9

phone: **306-242-1916**  
email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)  
For details on all programs:  
[www.queenshouse.org](http://www.queenshouse.org)