



Debbie Milne B.Ed, CRA-RP

Debbie has lived in Saskatoon and participated in community organizations for twenty-five years. She has Usui Reiki through Darlene McGrath in 2012.

Married and a mother of three now grown children, she appreciates the calmness and rejuvenation

Reiki offers when life becomes hectic. She finds joy in offering this practice to others who wish to experience relaxation and a sense of peace. Debbie is a registered practitioner with the Canadian Reiki Association and a practitioner with Healing Pathway Canada.

If you would like to experience Reiki at Queen's House, please send Debbie a text or an email to arrange an appointment.

306-341-6422 • debbie.milne@sasktel.net

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



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

A sacred place to nourish your mind
and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship



Photo by Grant Martin - taken on the grounds of Queen's House

An Invitation to Enjoy Reiki at Queen's House



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



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

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 session the person remains clothed and the practitioner's hands may be placed in contact with the person or remain a few inches away.

How does Reiki heal?

Reiki allows the body to return to a state of rest and relaxation which allows the body to heal itself. It is an energy support system that acts in conjunction with all healing practices. During a Reiki session you may experience a gentle, relaxing, and meditative state.

Why should I try Reiki?

Reiki increases your energy level.

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

The immediate benefits of Reiki are an easing of pain, release of tension, and a sense of well-being.

A long term benefit of Reiki is a more balanced lifestyle.

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

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

Reiki may be used in conjunction with other forms of health care.

Reiki Services at Queen's House

\$1.00 a minute for any length of session.
A session is generally 30-60 minutes.

To book a Reiki treatment please contact one of the Reiki practitioners listed in this brochure directly.

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

phone: **306-242-1916**

For details on all programs:
www.queenshouse.org



**Roxanna M Kaminski
RN, MN, CRA-RMT**

Roxanna is a Registered Nurse with an interest in alternative therapies and a passion for helping others. She found Reiki in 1998 and started her journey under the guidance of her Reiki Master in 2004.

Roxanna is a wife and mother of 3 who enjoys teaching. Her thirst for knowledge keeps her busy; Reiki keeps her grounded. She has been building relationships around the foundations of Reiki with family and friends since beginning her journey in 2004.

Queen's House provides a safe environment for clients to experience a Reiki session. People have come here to find a place to make changes in their lifestyles. Reiki is a healing energy that changes lives. The positive environment at Queen's House is incredibly supportive of the 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 am grateful to be part of the healing mosaic provided 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.reikirox.ca

306-227-9769 • roxannak@sasktel.net
www.reiki.ca