

- Therapeutic Touch, Reiki and Reflexology sessions are offered at various times each week usually on Tuesdays, Wednesdays and Thursdays. Every effort will be made to accommodate you at other times if necessary.
- Please allow an hour for your appointment. This includes the actual session which will be 30 – 45 minutes in length, plus time for any beginning explanations as well as relaxation time at the end.
- Wear loose comfortable clothing. For most sessions, shoes are removed.
- **To book an appointment**
Please call **Ann Schmid** at **416 499-0599** or e-mail **annschmid@sympatico.ca**
Website: www.esguinted.org
quicklinks to Wellness Ministry

A donation may be made to:
Eglinton St. George's United Church, WELLNESS MINISTRY

BENEFICIAL FOR:

- Chronic fatigue
- Hastening healing (burns, fractures, post-op)
- Pain relief (arthritis, back pain, migraine, repetitive strain, tendonitis, tennis elbow)
- Multiple sclerosis
- Parkinson's disease
- Palliative care
- Stress



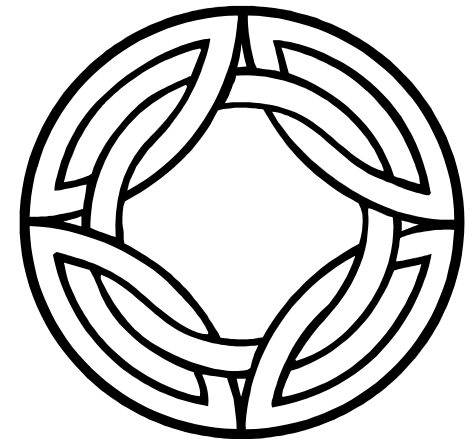
These therapies are a complement to the advice of a trained Health Professional.

WELLNESS MINISTRY

THERAPEUTIC TOUCH

REFLEXOLOGY

REIKI



Helping the body to heal itself

Care for yourself so you can care for others

Eglinton St. George's United Church
35 Lytton Boulevard
Toronto, ON M4R 1L2
Tel: 416 481-1141

WELLNESS PRACTICES

REIKI REFLEXOLOGY THERAPEUTIC TOUCH

All three enable the body to heal itself, create feelings of Wellness, Peace, Balance and Wholeness, and help a person physically, mentally emotionally and spiritually



REIKI

Is a Japanese word pronounced “ray-key” meaning spiritually guided universal life energy. Hands are strategically placed on the person’s clothed body, and allow the person to draw in as much energy as they want or need.

Reiki energy is often experienced as warmth or tingling that goes to wherever the person needs it and facilitates the recipient’s own healing process.

REFLEXOLOGY

A therapeutic treatment applied to the feet and hands using finger and thumb techniques, relieving stress and tension and improving circulation. It’s based on the principle that there are zones and reflex areas in the feet and hands which correspond to all areas of the body. In a reclining position moderate pressure on these specific reflex points, opens up blockages, promoting the natural functioning of the body.



Regular treatments help balance the body, cleanse the body of toxins, and contribute to health maintenance.

THERAPEUTIC TOUCH

A contemporary interpretation of ancient healing practices, Therapeutic Touch (TT) is the use of hands 2 to 4 inches from the client’s body to balance and restore energy, in order to induce relaxation, reduce anxiety, change the perception of pain and facilitate the body’s innate ability to heal. Developed in the early 1970’s by Professor of Nursing Dolores Krieger PhD., R.N. at New York University and Doris Kung, TT is taught in numerous colleges and universities and practiced by thousands of health professionals, holistic practitioners and lay people around the world.

