



## INNER-KALM-THERAPIES

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Have a greater awareness and enjoyment of life.

Do you find you get stressed easily and would like to relax more?

Try a Reiki Treatment, an Indian Head Massage, or an Acupressure Session to help release tension, open your energy channels and find the peace within.

How would you feel if you could change your mood at will?

Would it help you to feel more positive? Would you like to make more of your life? Would you like more energy?

Here at Inner-Kalm Therapies we have an effective number of techniques to help you raise your energy, find a deeper calm within, and feel an excitement for the challenges life brings your way. Become the superb, wonderful You that you have always wanted to be.

Are you troubled by your emotions?

Do you have fears and phobias which prevent you from doing exciting things? We can help you to release them so you get more out of life. We can help you to release negative emotions which hold you back and prevent you from doing all those things you yearn to do. Would you like to change your eating habits so that you have no need to use food as an emotional tool? We can help.

An introductory session can take up to one and a half hours. We make a thorough assessment of your needs and create a package tailor-made to suit you. Some work can take place over the phone and through email. This includes some questionnaires and basic information. Sessions can then be booked to suit your time and availability.

Come and see what we can do for you.

