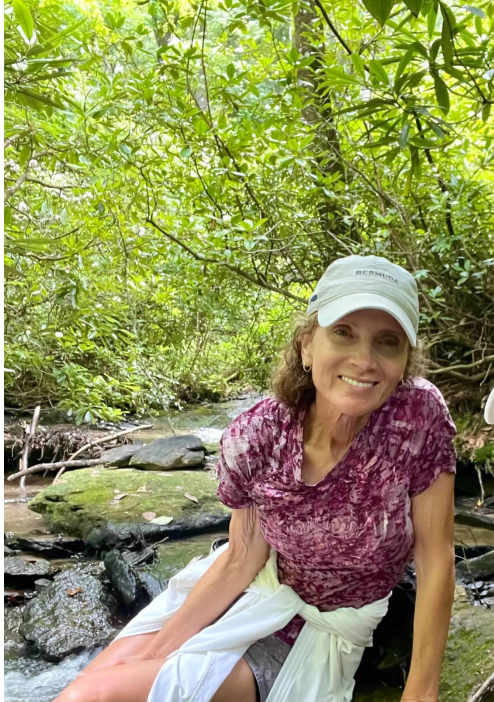


JESSICA FARRELL

Reiki Master, Breath Practitioner & Sound Therapy Worker



Jessica has been in the holistic field for the past 15 years. As a reiki master, breath practitioner & sound therapy worker she has explored the merging worlds of science and mysticism.

Knowing that we are holographic by nature and the whole cosmos is inside us, she helps guide people to experience a freedom of mind which is key for full body vitality.

During our session we will consciously engage our breath using specific dynamic patterns to reduce anxiety & depression, improve sleep disorders, raise focus and clear the mind.

This will be followed by a Sound Bath with a series of Alchemy Crystal bowls. An effective proven modality that helps: Rebalance resonate frequency to promote optimal health, lower blood pressure, reduce stress, pain relief/management.

The combination of breath & bowls create a deep sense of peace and an ultimate openness to receive the flow of light that is always pouring down on us from source.

**Although not necessary, Sessions are best experienced laying down. Mats & Blankets will be provided.*