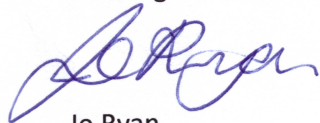


# BAREFOOT COACHING *and Counselling*

7 February 2013

My 14 year old daughter and 11 year old son recently completed a Reiki 1 course with Sandra. Although both children were slightly apprehensive prior to the course, they were inspired and excited by all the skills they learnt. In the past they would ask me for reiki if they hurt themselves, now they use reiki to assist them to go to sleep, if they experience pain; even our crazy dog is soooo relaxed from all the healings he is receiving!!

I would highly recommend the Reiki 1 course with Sandra. My children connected effortlessly with Sandra, enjoyed her playful nature and had lots of fun and laughs. These days all our focus is on educating our children externally rather than teaching them to connect with themselves, discover their values and to live intuitively. What greater gift can we give our children than to learn to empower themselves!! I completed my Reiki 1 in my 40's and it has opened up another way of being for me, I can't imagine how amazing it would be to have this knowledge as child.



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