



EXERCISE:

Self-care Reiki

Reiki Therapy

— RESOURCES —

1 Palms over each eye

2 Palms each side of the neck

3 Palms over the sternum

4 Palms back of the neck

5 Palms on top of head

6 Palms over the upper chest

7 Palms over the lower chest

8 Palms over the ribcage

9 Palms over the abdomen

10 Palms over the pelvic bone

11 Palms over the knees

12 Palms over the ankles

