

TRAINING & CLASSES

REIKI LEVEL 1- £100

REIKI LEVEL 2- £200

REIKI LEVEL 3- £400

BABY MASSAGE CLASSES

4x 1 hour classes £30

Literature and oil provided. Refreshments provided.

Baby massage is a beautiful bonding activity between parents and their children using specialised techniques incorporating vocalization, and eye-to-eye contact. It is fantastic to ease symptoms of colic and constipation and helps to relax and improve your baby's sleeping habits and is a truly special experience for both parents & baby.

Reiki Training & Baby Massage Classes are available in small groups or on a one to one basis.