



# JENNIFER ENGLER, LLC

REIKI ENERGY HEALING



[www.jenniferengler.com](http://www.jenniferengler.com)

Reiki is a complementary therapy that involves encouraging a healthy flow of energy in your body to lower stress and promote healing. Reiki can give your body a break from the stresses of daily life by helping it return to a state of relaxation. Once in this state, your body is better able to heal damage brought on by stress. [Research](#) shows that Reiki may help your autonomic nervous system, the primitive part of your nervous system that you don't need to consciously control move from a sympathetic-dominant, or "fight-or-flight" state, to a parasympathetic-dominant, or "rest-and-digest" state.

I am a Reiki Master level practitioner and teacher. I was trained by a Licensed Reiki Master Teacher by the Center for International Reiki Training. I am also a Professional Member of the Center for International Reiki Training. I also teach Usui/Holy Fire III Reiki I & II.

I look forward to working with you via distance (Zoom) Reiki or in person for a 60 minute session to facilitate calming and further inhabiting your body to help heal and restore.