



My URBAN RETREAT™

DISTANT REIKI TRIAL

OPTION 1

Complimentary 15mins

- Purely for you to **feel the connection only**.
- You may just feel some tingling, a sense of calm or see your colours.
- This is not a healing session or reading.
- You receive no feedback.
- I will only work at your head.
- You are still required to prep properly for this trial i.e. not drink alcohol for 24hr, spend at least 10mins in meditation prior to the session to set your intention etc.
- (Full details are on the checklist)



- Confirm a Date/ Timeslot
- Read Quick Checklist for Session
- Fill In-take Form, Sign & Send Back
- Send a close up photo & your location.
- I Will Follow Up Soon after Session

Time Zone Availability

PERU	LONDON	CT
11am	5pm	6pm
12noon	6pm	7pm
1pm	7pm	8pm
2pm	8pm	9pm

OPTION 2

30mins for the price of 15

*****RECOMMENDED*****

YOU RECEIVE

- Quick Grounding
- Universal Healing & Connection
- Front Chakra Cleanse & Balance (present situation)
- **Short Chakra feedback**

YOU WON'T RECEIVE

- Full Grounding
- Past/ back chakras
- Aura Cleanse
- Full energy feedback
- Intuitive Guidance
- Holistic Plan.

- Confirm a Date/ Timeslot by Payment
- Fill In-take Form, Sign & Send Back
- Read Quick Checklist for Session (send pic)
- I Will Follow Up Soon After Session

(30 MIN) ENERGY EXCHANGE

50% off

South Africa/ Africa	R175	(usually R350)
UK/ Europe/ Australia	£16	(usually £32)
USA/ Canada	\$20	(usually \$40)



Charmaine Haig

International Accredited (Intuitive) Reiki Master & Teacher 9 yrs. experience as a full time healer (stopped counting at 2500 Reiki hours many years ago).