

Tona's Energy Studio

REIKI - THE HEALING TOUCH



Tona McMurrin

Reiki Master, Teacher & Practitioner

Reiki Classes & Private Reiki Sessions

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My name is Tona McMurrin and I am a certified Reiki Master, Teacher and Practitioner. I offer private Reiki sessions and Levels 1, 2 and 3 Usui Reiki certification classes at my home studio at Saratoga Beach on Vancouver Island, B.C.

For me, being introduced to Reiki and the gentleness and power of the energy flowing through was both comforting and natural. It reflects a knowing, that we are connected to a higher source and that we are all part of a much larger experience.

Each of us are unique combinations of different experiences, comfort zones, longings, needs and challenges. We view life in our own unique way as we experience our journey in life. Reiki is a wonderful step in our process of personal growth and balanced health.

It is a wonderful privilege to be able to share this Universal Energy with all who are drawn to the experience.

"You are a being composed of light, love and intelligence. These characteristics are the essence of pure energy."

Chakra Clearing by Doreen Virtue Ph.D.

(The studio is located a block from a beautiful sandy beach; a wonderful place to go and reflect on life and the beauty of nature.)



Comments expressed by clients:

"Thank you for doing Reiki on my mother prior to her operation. I believe it was one of the reasons that her results were so positive."

"Reiki is a gift you give to us in total truthfulness, integrity and love for your fellow human in need. That totalness is felt by the recipient. After your last session with me I felt so at peace, and virtually pain free for several weeks."

"It is more than relaxation for me, it is sometimes an inward journey of releasing hurts that I thought were long forgotten. I have a feeling of lightness after."

"I have my Reiki Levels 1 & 2, however I didn't realize the potential of it and how powerful the experience can be to receive. After having these sessions with Tona I have experienced how remarkable this energy can be and I have come to realize that it is important for me to receive Reiki regularly for my emotional and physical well being."

"Tona has a presence about her allowing oneself to trust and relax into this remarkable experience."

"I feel Tona is particularly gifted in sharing this wonderful energy with others."

"I look forward to developing my Reiki and taking classes. I have my Level 1 but want to retake Level 1 with Tona and continue on with the other levels since she has an innate knowledge, understanding and comfort with life. She is also professional and knowledgeable with a welcoming demeanor."

Reiki Classes

Level 1 - \$150

Level 2 - \$150

Level 3 - \$175

If you are interested in learning about and becoming certified in Usui Reiki it would be my privilege to have you participate in my classes.



Classes are kept small to a maximum of 6 students. This gives participants the opportunity to have a more personal experience during

the class. Each class allows for relaxed interaction, hands on practice and opportunities for questions and dialogue. The atmosphere is welcoming and creates an environment where students feel comfortable and peaceful during the class.

Classes are offered on weekdays and weekends. Please refer to the website calendar for scheduled classes, or phone Tona's Energy Studio at 250-337-2091 or via e-mail at tona@tonasenergystudio.com

Private Reiki Session

60 minutes

\$55.00

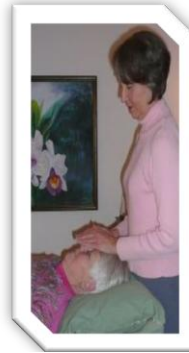
Sessions are offered in a tranquil setting with soothing music and candles.



The client is fully clothed and covered with a light blanket. The hands of the

practitioner are held slightly above the body or gently on the body as the practitioner administers various hand positions. The practitioner simply acts as a conduit or pathway for the energy to flow through to the client.

Through this process a higher vibration of energy flows into the practitioner through the crown chakra and out through small chakras in the hands to the recipient. Reiki is not one's own energy, but comes from Universal Life Force Energy, of which there is an infinite pure supply. As a result the process is not a tiring experience for the practitioner. Quite the opposite actually since it leaves the practitioner and the client with a feeling of harmony and balance.



Reiki, a holistic form of therapy, is beneficial for ones emotional, physical, mental and spiritual well being.

Receiving Reiki can:

- support the natural healing ability of the body
- provide complete relaxation, thereby helping to relieve the negative effects of stress
- help you to feel invigorated and energized

Reiki may be used:

- as part of an individual's preventative care routine
- in conjunction with conventional medical treatment since it works in harmony with other types of therapy
- as a way to connect to one's inner spiritual Light

For further information, or to arrange an appointment contact Tona's Energy Studio at 250-337-2091 or via e-mail at tona@tonasenergystudio.com

Disclaimer:

Reiki is a natural "hands-on" method of energy balancing for the purpose of stress reduction and relaxation. Reiki is not meant as a substitute for medical, or psychological diagnosis and treatment. Reiki practitioners do not diagnose conditions, nor do they perform medical treatment, prescribe substances, or interfere with the treatment of a licensed medical professional. Reiki is meant to compliment medical treatments. It is recommended you see a licensed physician or licensed health care professional for any physical or psychological ailment you may have.