



## About Me

**Cheryl Benanti**

***Reiki Master Teacher, Life  
Coach & Intuitive Tarot  
Reader***

- Graduate of University of Hartford, MS Organizational Psychology; BS Business Administration, Management
- Certified Holy Fire Reiki Master Teacher by Fred Maerkle, Zentastic Wellness; Certified Usui Reiki Master by Maryann Lonergan, Inner Balance Reiki
- Founding member of Holistic Community Professionals (HCP)

## About Us

Reiki Will Travel LLC provides reiki offerings including individual sessions, classes and equine reiki. Partnering as your corporate wellness resource in your business for special events. Offering private group work with various office locations available. Please contact me for pricing.

**Call / Text:** 860-325-2047

**Email:** [reikiwilltravel@gmail.com](mailto:reikiwilltravel@gmail.com)

**Website:** [reikiwilltravel.com](http://reikiwilltravel.com)

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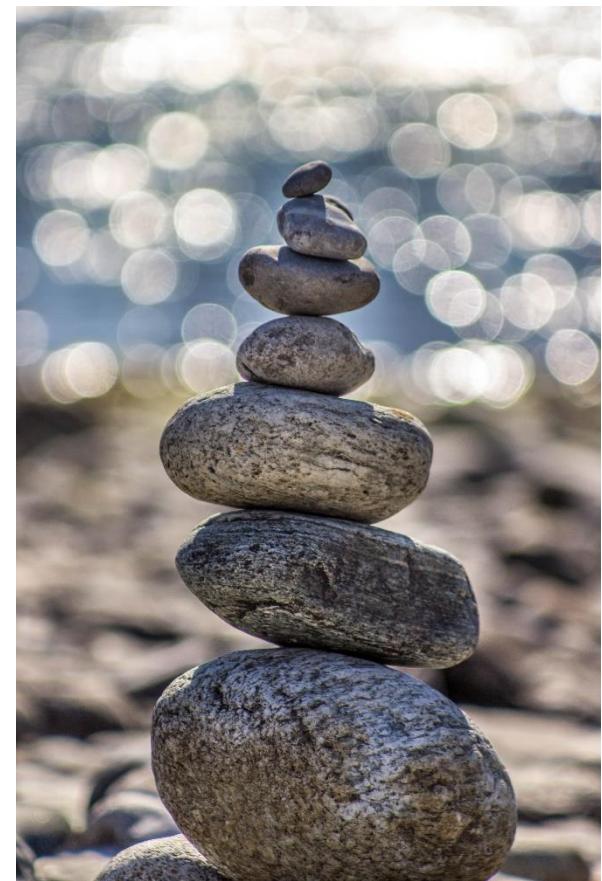
**Review:**



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**Keep watering  
yourself.  
You're growing.**

*E. Russell*



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## What is Reiki?

Reiki (pronounced ray-kee) is a gentle 'hands-on' relaxation and healing technique. Reiki is administered through a soft touch while sitting or lying down – fully clothed. It is a holistic therapy that removes blocks to the flow of energy in your body and facilitates balance and support on many levels. When the energy flow in your body is restored and/or balanced, you are more likely to feel relaxed and your body's natural healing abilities are utilized.

### Benefits:

Reiki can be used to complement or enhance your current medical plan or simply provide the opportunity for deep relaxation. Reiki also promotes psychological healing, including release of anger, fear, worry, sadness and other unhealthy feelings, and replaces them with self-worth, tranquility. It can increase confidence, ease chronic pain. Reiki can also lessen anxiety and tension, decrease fatigue, strengthen the immune system, reduce the effects of stress and provide a sense of well being and peace.

### Experiences:

The client may feel warmth, coolness, gentle tingling and/or a deep sense of relaxation. Reiki balances the energies of the body and works on physical, emotional and spiritual levels.



*"Cheryl is an amazing healer. Very in tuned and present in her sessions."*

## Tarot Readings

Providing insightful, thought-provoking and uplifting readings to help clients find clarity and direction. Creating a comfortable space for open conversation, allowing messages from the cards to unfold naturally. Whether facing life decisions, looking for guidance or a deeper perspective my readings will offer meaningful insights and helpful takeaways to help you move forward with confidence.



Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones to rise above them.



## Life Coaching

A Life Coaching session can be customized from individuals with personal goals to groups striving to achieve next quarter goals. This objective guidance approach allows honest, open communications to flow to help unburden your mind. Life coaching will offer an ear to listen and to be heard as well as to hold space and provide suggestions. This session may leave you with the feeling of focus, clarity and hope.

## Therapy

## Coaching

### Coping

Make sense of the past

### Stability

Need

### Neutral

Non-judgemental Support  
Belief in client's capability to solve problems  
Listening

### Thriving

Work towards a future

### Potential

Desire

