

PROFILE:

Marita Lajs has been practising Reiki since 1998, completing Reiki Master Teacher training in 2007. Her great passion is to help people find their own particular path to healing. Reiki has formed the basis of her own path to healing and wellbeing, and to this day Reiki continues to provide her with a way to live in a state of health and balance.

Marita draws on her wealth of knowledge and experience as a nurse (for over 25 years) to assist people to experience genuine improvements in health and wellbeing

REIKI:

Marita teaches Reiki from holistic health centres in Rosebud & Mornington:
Samsara Health, Beauty & Fitness
www.samsarahealth.net.au and
Body of Health
www.bodyofhealth.net.au

She also offers one-to-one treatment from her practices in Rosebud West & Mornington, and in some situations will offer a home treatment to people residing on the Mornington Peninsula, if illness/disability makes travel difficult.

MEDITATION:

Marita also practices and teaches Mindfulness Meditation - a style of meditation that has received enormous interest in recent years in the media and many agencies have embraced it - from schools to hospitals to even the political sphere. It is recognised for assisting people to reduce stress and improve health in significant ways.

She teaches Mindfulness Meditation from Samsara Health, Beauty and Fitness, see www.samsarahealth.net.au for timetable information.

For further information:

<http://maritalajs.ntpages.com.au>

Facebook pages:

Relax with Reiki

Marita Meditates