

HER

Wellbeing  Summit

**BECAUSE A BUSINESS
WOMAN IS SO MUCH MORE
THAN HER BUSINESS**

HER Wellbeing Online Summit 2020

Exclusive Contributor Offer

Meditation Practice - Tina Reid

Tina is a Reiki Practitioner, Master and Teacher, who works with people and animals and has done professionally for the past 12 years.

As well as working with clients in her private practice she has also volunteered Reiki in the day centre of a local hospice and in a number of animal sanctuaries supporting the people who care for them animals on a daily basis and the animals themselves.

In addition to teaching Reiki Tina teaches workshops on mindfulness, meditation and visualisation and is passionate about empowering women to live their best possible lives, which starts with taking excellent care of mind body and spirit.

Tina has written articles for wellbeing magazines and animal magazines and had a regular magazine column. She lives in North Norfolk with her husband and animals and enjoys spending time in nature walking, gardening and reading.

If you would like to contact Tina, please email her on tinaread@ymail.com or via her website at: www.tinaread.co.uk

DELEGATE SPECIAL OFFER

£10.00 discount off first Distance Reiki treatment with code HWS2020TR quoted in booking email, valid until 30th June 2020. Delegates of HER Wellbeing Summit only.



HANDOUT

Taking care of our mind, body and spirit is not a luxury it is a necessity. When we take care of ourselves everyone and everything in our lives benefits be that personal or business. Meditation is a holiday for the mind and helps us to feel refreshed and gain greater clarity as well as feeling a greater sense of peace and wellbeing when practiced on a regular basis.

Here are some reminders to assist you with your Meditation Practice:

Grounding in Nature – Simply by being out in nature for five minutes or more you can reconnect to the earth and feel your feet firmly on the floor anchoring you into the present moment. This is a good time to take some slow deep breathes and really feel your connection with the universe. Alternatively, if you walk regularly you can take the opportunity to turn your walk into a meditation. Just focus on your breath, allow any thoughts to come forward, notice them and allow them to float away, not attaching to them. Feel your feet on the ground, notice any sounds around you bringing yourself back to the present moment.

Daily Practice – With regular practice meditation becomes easier. Introduce five or ten minutes into your daily routine and reap the rewards. A commitment to your meditation practice will help you to feel more peace in your daily life. Remember that even the most experienced meditator has mind chatter so simply notice it and do not attach, allowing any thoughts to float away.

Gratitude – A powerful way to end your day is to spend the last ten minutes before you go to sleep each night mentally going through the things you are grateful for, it sets you up for a positive night's sleep. This can be done as a meditation as you lie comfortably with your eyes closed or slightly open allowing yourself to do a gratitude inventory. There is always something to be grateful for.

Breathing – Close your eyes and make your breathing into a simple meditation, focus on your breathe and spend a few minutes doing this. As you slow your breathing down, your whole body starts to feel more relaxed.

Keep Hydrated– Remember to drink plenty of water and always have a glass of water after you have finished a meditation.

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REIKI

What is Reiki?

Reiki is a gentle non invasive complementary therapy, said to use natural energy flow for health and well-being. The word Reiki means spiritual energy, "Rei" meaning spirit and "Ki" meaning energy. We feel the connection strongly through our hands but Reiki flows from every area of our body. Its gentle nature means that it is suitable for all types and ages of people.

What happens during a Distance Reiki treatment?

You sit or lie down at home, in a quiet and comfortable place, where you will not be disturbed for an hour or so. You may wish to play gentle relaxing music or light a candle. Simply relax and enjoy the Reiki session. It is normal to remain awake or fall asleep, you may see colours or feel heat or tingling or feel nothing at all. The treatment lasts 45 minutes but you may wish to relax after the treatment and get up when you are ready.

Benefits of Reiki

- Deep relaxation, assisting with symptoms of stress, reduced tiredness, a positive change in mood, a general sense of wellbeing and improved sleep.

Cost

Distance Reiki Treatment £40.00 (45 minutes and follow up email)

E-mail: tinaread@ymail.com