



Starting in June

**Intuitive Healer, Divine Messenger, Reiki Master
& Teacher, Specializing with Children.**

Ann Fitzpatrick

Some Of The Reiki-Angel Healing Health Benefits:

- ❖ Creates deep relaxation and aids the body to release stress and tension.
- ❖ It accelerates the bodies self-healing abilities.
- ❖ Reduces Anxiety and Depression.
- ❖ Aids Sleep and Reduces blood pressure.
- ❖ Helps relieve pain & supports the immune system.
- ❖ Removes energy blockages, adjusts the energy flow bringing the body into balance and harmony.
- ❖ Helps spiritual growth and emotional clearing.

Benefits for Children

- ❖ Increases their ability to Concentrate.
- ❖ Increases their Confidence levels and Raises their Self-Esteem.
- ❖ Helps reduce Anxiety and Depression.
- ❖ Decreases Frustration and Anger.
- ❖ Aid Relaxation and Sleep patterns.
- ❖ Allows children to accept themselves for who they are.
- ❖ Enables better coping strategies for life's problems.
- ❖ Heals mind, body and spirit.
- ❖ Allows children to know they are loved and cared for despite all that is going on around them.

Available Tuesdays
at
Harmony Wellness
Center
51 Mill street #8
Hanover MA 02339

Also Available Mon,
Wed, Thurs. & Friday
at

258 Willard Street,
Suite 7 Quincy MA
02169

By Appointment only
please

Call 617 834 2932 or
Email @
Terrasolas@yahoo.com

Check out website for
further info:
www.terra-solas.com

Service Available

- ❖ Reiki – Angel
Healings,
- ❖ Meditation,
- ❖ Angel Card
Readings
- ❖ Children's Reiki &
Meditation