



ENERGIES WITHIN

ACHIEVE YOUR BALANCE

REFLEXOLOGY | POLARITY THERAPY | REIKI | SOUND THERAPY



ELEMENTAL REFLEXOLOGY

Elemental Reflexology integrates Ayurvedic principles. Reflex points are stimulated that correspond to specific organs, glands, and body parts. Energy blockages are released to promote a balanced state.

POLARITY THERAPY

A holistic energy-based system that includes bodywork, nutrition and exercises aimed at releasing energy blockages. When energy flows freely, it allows the body to reach and maintain a balanced state of wellness.

REIKI

A gentle hands-on healing touch system. Reiki means “universal life energy.” Sessions are deeply relaxing and assist with easing stress, pain, and anxiety. It supports healing on physical, mental and emotional levels.

SOUND THERAPY

Sound vibrations benefit the body on both the conscious and unconscious levels. Sound relaxes, energizes, and improves mental clarity. Sound Therapy is an effective way to realign your inner rhythms.



For Sessions Please Contact:
Chrystyna Prochaska, ER, APP
216.314.7948
chrystyna678@gmail.com



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