

REIKI SESSIONS

A safe, hands-on, ancient relaxation technique provided by certified Old Colony Hospice Reiki Volunteers. This complimentary services is provided to patients and families in over 50 cities in towns in Southeastern, MA.

Reiki (Ray-Kee) is a safe, hands-on, ancient relaxation technique that helps soothe and comfort the body. It is a non-invasive practice that helps you relax, decrease stress, anxiety and pain.

Reiki was developed centuries ago by Tibetan monks and rediscovered in Japan in the 1920s where it became a holistic therapy for body, mind, and spirit.

Old Colony Hospice Reiki practitioners are volunteers who are Reiki certified.

Since 1997, Reiki has been an approved therapy by the Massachusetts Board of Registration in Nursing

Patients, caregivers and family members can benefit from this program.

Reiki is given through gentle touch. During your session you will remain fully clothed while sitting or lying comfortably. A certified Reiki practitioner will lightly place their hands on your head, neck, shoulders, arms, knees and feet. They will hold their hands above your body.

During a Reiki session, you may experience: warmth or coolness, a gentle tingling, vibration, a deep relaxation and sense of peacefulness, or nothing at all. Sessions last from 5 to 50 minutes.

To schedule a complimentary appointment please call Old Colony Hospice at 781-341-4145 or send us a message on our website: www.OldColonyHospice.org

For more information on Reiki, please visit: www.reiki.org/FAQ

Make Each Day Count



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www.OldColonyHospice.org

The sooner you call, the sooner we can help.



The Boston Globe
TOP PLACES TO WORK

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