

Testimonials

From YH

Having had reiki healing from Ann, I can honestly say it is deeply relaxing, so peaceful and very calming. It allows you to find that stillness and put everything into perspective. Ann is calm and welcoming and has a wonderful sense of humour to alleviate any worries you may have. She takes the time to explain the process, and ensures you are ready to go ahead. Afterwards, Ann brings you back to earth slowly and sends you back into the world ready and able to face anything. 'Me' time very well spent.

Ann takes great pride in producing heart centred training courses. I can confirm, having completed Reiki 1 and 2 with her that the days are set out well ensuring it flows gently from one section to another. Whilst the training days are packed with information and practical sessions, they are intensive but perfectly tailored to those attending. She uses a variety of methods to ensure understanding and checks on everyone frequently. Questions are welcomed and often group discussion follows. Nobody is left out. Ann encourages you to use your intuition and to think for yourself but is always there explaining clearly and competently. Positive course follow up is in place along with reflection and the option to join in with reiki shares to help the student progress. All in all I highly recommend Ann for anyone considering attending any of her training courses.

Mediation is a wonderful practice and Ann is fully qualified to run mediations, either one to one or in groups. Having attended both types of sessions, I can confirm they are of a very high standard, with Ann leading people gently through the process, making sure they feel safe and at ease at all times. Ann helps the participants to understand their meditation journey and is always positive and genuine in her interest. She explains how to practice at home and has several meditations on her website that can be purchased

From DB

I had become interested in learning about Reiki both to help myself and with the possibility of using it to help others. Ann was recommended to me and booking a Reiki session with her was one of the best things I have done. I have had several treatments with Ann and now consider myself fortunate to have her as a teacher as I begin my own Reiki journey. If you have never had Reiki before, or even if you have and perhaps were not too sure about it, then I can whole heartedly pass on my own recommendation to book in with Ann.

DB – Facebook review 6th Oct 2018

Ann is both incredibly professional and warm and welcoming at the same time. I went to Ann for Reiki treatments and was so inspired by the effect it had on me, and Ann's personal guidance, that I have just completed my Reiki level one with her. Thank you Ann. Life changing! x

CL – Facebook review July 2018

Life Changing. My sessions with Ann are incredible. Highly recommend x

GO'B – FB - March 2018

Ann is a warm friendly person with a ready smile for everyone. Her holistic work is her passion so she is always giving wonderful treatments. I have experienced her Reiki treatments that leave me feeling peaceful yet energised and balanced. I can sink somewhere heavenly during her reflexology treatments.

For the last two years I have been attending Ann's Meditation group which I very much enjoy and I have never been disappointed with her delivery or content.

I would gladly recommend anyone to experience Ann's holistic treatments. xx

SM – FB – Feb 2018

Ann is really good at what she does. You immediately feel at ease in her presence and I felt completely relaxed after the Reiki session with her, I would recommend Ann to anyone

BE – FB – Feb 2019

Ann is a brilliant and passionate teacher and these are set to be brilliant seminars!