

www.healinghandscumbria.com

healinghandscumbria@gmail.com



[youtube.com/Katjabroadbent](https://www.youtube.com/Katjabroadbent)

[facebook.com/HealingHandsCumbria](https://www.facebook.com/HealingHandsCumbria)

Do you want to walk on the wild side?



We were all born to enjoy radiant health and happiness. It's time to reclaim yours.



Healing Hands Cumbria

Hi, my name is Katja Broadbent. I am a practitioner of Reiki and Kinetic Chain Release, and student of Eden energy healing techniques.



I offer treatments at my home, in Scales, Wigton, at the Health Collective, in Wigton, or in the client's own home.

For your convenience, I have made a short description of some of the treatments I am able to offer. Every client's needs are unique to them, however. You are your own healer - I will be glad to supply whatever support you need in the moment. If you can spare 90 minutes of your time for a treatment, it is *always* worth it! For a first appointment I also like to allow an extra 15 minutes for getting to know each other.

A Reiki session will offer you deep relaxation, and the opportunity to experience healing whilst you rest. This can be done as a 'hands on' treatment, or not, as you prefer.

Kinetic Chain Release is an extremely effective form of physiotherapy that uses a series of 23 gentle mobilisations and stretches to balance the body quickly and easily.

An Energy Balance can be done on or off the body. Most people enjoy it hands on as it is comparable to a gentle, clothed massage. In a longer session we can use muscle testing (as with Kinesiology) to identify what your body needs most in the moment to bring it more into balance. This could involve acupuncture, chakra clearing, meridian balancing or aura strengthening - whatever you need.

I am always led by the client's wishes and needs. Please let me know what they are - they will change and that is as it should be.

Electrics treatments are something that I specialise in. They don't involve any wires! Instead, you will receive a Quick Energy Balance, and once you are deeply relaxed, I will lightly hold acupuncture points that help your body to access whatever healing it needs.

A *revitalising* electrics treatment can, for example, help you to align thoughts, feelings, and actions; to ground the heart's emotions; and to balance hormones. A *deep* electrics treatment surrenders to the wisdom of the body - and can allow significant release of tension / pain. A deep electrics treatment can only be given after a revitalising treatment. They don't need to be particularly proximal in time - it's just that one is preparation for the other.

Sessions / treatments are priced as follows:

	30 mins	55 mins	90 mins
Reiki	£30	£40	£60
Energy Balance	£30	£45	£65
KCR	n/a	£45	£60
Electrics treatment	n/a	£45	£65

All clients will be offered simple, easy-to-do practices to continue their healing at home. It is also important to drink plenty of water after a session - and rest. Healing is tiring! I can give you a boost - reminding your body of how to do it - but it is still something that you do for yourself, and allow for yourself, and it takes time. Sometimes, after a session, symptoms that have been bothering you may briefly intensify before calming. This is usually an encouraging sign that healing is occurring, and the body is discharging accumulated toxins.

Sessions are always conducted fully clothed. Please wear loose, comfortable clothing for your appointment. Under 18s will need written permission from a parent or guardian to attend a session.