



## Jo Ann Levine

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### Jo Ann Levine - Energy Healing

Your health and well-being depends on energy flowing freely through your body.

Reiki and other forms of energy healing bring the flow back to your energy channels, restoring vitality and health to your body, mind, and spirit.

Reiki is an ancient art of healing through touch. A Reiki healer adjusts energy by laying hands on the client's body in order to harmonize the physical, emotional, spiritual, and mental frequencies.

Stress is released and replaced by a sense of vitality. The healing session creates a feeling of total relaxation and harmony, and simultaneously, renewed energy and strength. This healing method, performed in a comfortable and nurturing environment, enhances overall well-being.

To learn more about Reiki and Jo Ann's healing practice call or [email](#) for an appointment today