

## Rita Davies Wild

Rita is certified in Transformational Breath by the International Breath Institute. She is also a Certified Reiki Master/Teacher and a Mediation Trainer. During the past 14 years, she has conducted extensive workshops nationwide, held classes/workshops and maintained a private practice in NYC and the Hamptons. Rita has also taught meditation classes for the town of Southampton and weekly group meditations.



"Rita is a natural teacher and healer. She is dedicated to her work and profession. She shares her knowledge and expertise in a loving manner. Her genuine concern for the well-being of her clients and the work is very apparent. I will always be grateful to her for all of her guidance, support, knowledge and nurturance."

- Jeannette O'Keefe C.S.W.

631.258.3400  
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"You have come here to discover the light within. You are here to become anchored to the supreme Truth in your heart. Carry on with your journey no matter how many obstacles or challenges you face. Have courage. Rest in the contentment of the divine light."

- Gurumaji Chidvilasananda

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Rita Davies Wild

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## Discover Your Inner Peace & Tranquility



ESSENTIAL HOLISTICS  
Rita Davies Wild

Certified Transformational Breath Practitioner  
Raindrop Therapy Practitioner  
Certified Reiki Master/Teacher  
Mediation Trainer  
Priest in the Order of Melchizedek  
Young Living Oil Distributor

### TRANSFORMATIONAL BREATH

Developed by the International Breath Institute, Transformational Breath is a natural healing method that mobilizes the body's resources toward wholeness and well-being. Studies have concluded that we can alter our mental, emotional and physical state by directing our breath.

With Transformational Breath, old breathing patterns are reprogrammed to achieve better health. Since our emotional experiences registers in our abdomen and torso, our emotional responses interact with our breathing. We hold our breath, or breathe shallowly. This deep breathing technique will help show you how to release old trauma, correct old breathing patterns and focus on creating a sense of ease and deep well-being.

The body consists of a variety of energy centers called chakras. Enhance your experience with the Transformational Breath Chakra Series by learning color, movement and tone for each energy center.

The physical benefits of regular sessions are to alleviate many of the causes that lead to migraine headaches, sinus problems, depression and other stress related ailments.

### REIKI

Reiki is 4000 years old. It was (re)discovered in the 1800's by Dr. Mikao Usui. Dr. Usui studied the teachings of Christ and the sacred literature of Japan, China, India and Tibet. He received the Reiki Energy, symbols and attunement process during a mystical experience he had while meditating on a formula (for opening the Light or Higher Power) from the Sanskrit Sutras.

Reiki is universal life energy. All energy is sound and light vibrating at various levels of frequency. Certain energies are vibrating at such high frequency that we are unaware of their presence. In order to tap into these frequencies we need an antenna. Through the symbols used in Reiki attunement you are opened up to that frequency, becoming the antenna and allowing this endless flow of sound and light to come through. It is automatically activated whenever it comes into contact with any other life form.

Let's Breathe in Joy!  
Breathe in healing  
Exhale unwanted patterns of limitation  
Increase vitality  
Disperse energy blockages

### MEDITATION TRAINING

Meditation is an important life-changing element in maintaining good health. It helps you reduce stress and ensure all parts are working harmoniously, by focusing the mind, relaxing the body and keying into the breath.

Learn step-by-step techniques how to meditate. From beginner level and beyond, meditation enables you to achieve balance and harmony in your life.

### RAINDROP THERAPY

Raindrop Technique is a powerful healing tool that brings balance to every system. This technique integrates Vita Flex and massage with therapeutic-grade essential oils. The oils are dispensed like drops of rain above and massaged into the vertebrae. There are nine essential oils used to support the structural, electrical, muscular and circulatory systems. At the end of the treatment, a comforting warm moist towel is placed over the back to complete the healing process. The effects of the oils continue for five to seven days. The treatment takes approximately one hour to complete.

### PRIVATE SESSIONS AND WORKSHOPS AVAILABLE

To discover your inner peace & tranquility, schedule an appointment today!

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### POPULAR CLASSES

#### An Introduction to Meditation with Reiki

Meditation helps you connect mind, body and spirit. It brings clarity to the mind and peace to the heart.

Reiki is an ancient form of healing, which means balance and harmony in Japanese. By working on your bio-magnetic field, it brings the mind, body and emotions into peaceful balance.

Comprised of seven (7) 90-minute sessions:

- One hour of teaching the basic steps of meditation, enabling you to understand its value, experience its benefits and successfully practice it on your own.
- Optionally, 30 minutes of Reiki in which you will experience the loving energy first hand and learn how it can enhance the meditation process.

### FOUR LEVELS OF REIKI CERTIFICATION

- Level I Learn balancing technique and beginning hand positions for healing self and others. One Day.
- Level II Learn ancient Reiki symbols that enable you to become more effective with a higher level of energy. Two days. Pre-requisite-Level I
- Level III Last step prior to Mastership. Additional symbols are taught that amplify the frequency of the student. Enables more effective healing process. One day. Pre-requisite-Level II
- Level IV Master. Pre-requisite-complete all previous levels plus one year internship under a Master. Learn additional symbols. Observe and assist the teaching of others through the first 3 levels. Become a certified Master. Two-day certification class.



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