



Christy De Osambela began her study and personal practice of yoga more than 20 years ago. She received her YogaFit Teacher Certification in 2019, Youth and Trauma Sensitive Yoga Teacher Certification in 2021 and completed her Usui Reiki Master Certification in 2022.

Christy's holistic wellness approach brings compassionate awareness to balancing and aligning the bodies chakras. Her sessions incorporate a gentle Asayna (yoga) flow to wake up the energy in the body, Prayna (breath) work, followed by a relaxing meditation to calm the mind and prepare for the restorative Reiki treatment.

Each session concludes with reflective journaling using:

- *scripting*
- *gratitude statements*
- *weekly intention setting techniques*

All sessions are adaptable and can be customized to meet the specific needs of the client.

The full 60-minute session is \$85.00.

For other session options and pricing, or to book your appointment please contact Christy:

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or speak with your primary therapist for more details.

