



## Danielle Renee - Holistic Therapist

Danielle Renee is a practitioner of Shiatsu, Reiki and Metamorphic Touch. Danielle utilises a range of techniques to support you and where you are on your journey; to bring balance and understanding. Danielle specialises in Women's Health, Pregnancy and Children's health and wellbeing.

Danielle's journey in Healing started 20 years ago studying a Diploma of Holistic Healing encompassing Reiki, Kinesiology, Aromatherapy, Flower Essences,

Crystals and other metaphysical subjects. From here Danielle obtained a Diploma in Shiatsu and Oriental Therapies.

Since 2017, Danielle has continued on her journey studying Metamorphic Touch and has also become a Reiki Master. This year Danielle will be undertaking further professional development to work specifically with Shiatsu for babies.

### Shiatsu

The word Shiatsu comes from Japanese meaning finger pressure. Shiatsu combines different techniques of pressures and assisted stretches designed to activate the body's natural healing system. Treatment will consist of a variety of shiatsu techniques using thumbs on acupuncture points, palms of the hands, elbows and knees along with yoga like stretches. By working on the meridians & acupuncture points using a variety of techniques balance is restored to your body, mind & spirit leaving you feeling in a state of peace and full of energy.

Shiatsu is with the client fully clothed lying on a futon mattress on the floor. So please wear loose comfortable clothing. i.e. tracksuit pants & t-shirt for your treatment. Shiatsu is suitable for all stages of life. It is suitable for Children, Adults and Pregnant women.

### Reiki

Reiki is Japanese meaning Spiritual Energy, or known as Universal Life Force Energy. The Usui method of Reiki is a hands-on healing discipline channelling universal energy. This system of Reiki is a non-invasive Reiki. Reiki is a powerful method to heal oneself on all levels to bring a balance and accelerate healing for the body, mind and spirit. Reiki is non-evasive, non-judgemental, deeply relaxing and complimentary with other healing modalities.

### Metamorphic Touch

During a Metamorphic Touch session, the Practitioner uses is a gentle light touch to the feet, hands and head. The light touch along these areas stimulates your inner awareness to move you into an energy field you need at the time. The theory is during your time in the womb your life potential was "laid down", any blocks to the realisation of that potential will be released by this technique.

Metamorphic Touch assists to bring your experiences into alignment with your deep intentions. It can be the catalyst to make the changes you need to make in your life. Because each person is unique, what you experience after the session will be unique. They can range from feeling more energised or relaxed. You may experience a release of old habits, significant changes in how you view life and how you feel and think about yourself and a growing sense of purpose and inner strength. In some cases, responses are immediately noticeable, while in others they are more subtle.

Metamorphic Touch is suitable for everyone in every life situation. This technique is beneficial when pregnant, as working on the mother will also benefit the unborn child. This technique can be used on children; however, the parent is also required to have a session. You can have sessions in any circumstance or condition of your life. Metamorphic sessions can be taken weekly, fortnightly, monthly, every six weeks, seasonally or just occasionally.

**What to Expect :** Each treatment is specially designed to meet your individual needs taking into consideration your state of health, and any symptoms you are experiencing. All treatments the client remains fully clothed. Please wear loose comfortable clothing for your appointment.

Sessions range from 1 hours to 1.5 hours. Please contact me for more information.

Danielle Renee  
Holistic Therapist  
Member of ARC, IICT and STAA