

BALY HA NA

HEALING SELF CARE AND CREATIVE SERVICES 2022



Welcome to Baly Ha Na's Health Wellness Division!

My name is Barbara Hughes, and I have trained in a variety of health-wellness and relaxation practices for over 25 years, be it meditation, Reiki Master of 21 years, as well as the healing side of creativity. My commitment is to bring more joy, peace and empowerment to life for all. I am also a recording artist/producer of music, events and other creative projects.

I have utilized a variety of modalities over years to help with my "empathic" and highly sensitive nature; including a long-standing addiction to alcohol that has finally healed. It has been my experience, one-size does not fit all, and therefore we offer more of a custom "Menu" option.

RELAXING REIKI

A Gentle-Energy-Therapy

Individual Sessions: 30, 60 or 90 Minutes (Normal Rate \$45-\$125)

\$30-\$90

REIKI-PLUS Classes: Levels I & II:

\$125-\$225

- Become a trained Reiki Practitioner to help heal self, others, or as a profession.
- Private, Semi-Private & Group Rates Available

REIKI Master Training

Specializing in "Empathic" and "Highly Sensitive Individuals."

- Investment-Custom Designed to Student Needs **CUSTOM**
- Develop the art of "clearing" and allowing energy to pass through
- "Attune" others to the Reiki Energy for their healing

Have Your Own "Creativity Coach" for Any Creative Project

- Open to your true creative potential
- Clear the "over-thinking" habit, and energies that are in the way of creating and performing from your heart, organically.
- Find new pathways through completion of a song, written work or project.

Barbara Hughes-Your Reiki Master-Practitioner & Creativity Coach

"Rock-N-Roll Reiki Master" of 21 Years, trained in Traditional Dr. Usui Method of Reiki

Other Healing Modalities, singer-songwriter/musician, writer, producer

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