

*Creating harmony
and balance within
one's self is the key
to developing a happy,
healthy life.*



*Meridian Release Therapies
provide a wholistic approach
that benefits your
mind, body and soul.*



*Begin your journey
towards 'natural harmony'
by investing in your whole self.*



Anne Flanagan^{RMT}

MERIDIAN RELEASE THERAPIES

Anne has been working in the alternative health field since 1996 assisting people in creating harmony and balance in their lives.

CERTIFICATIONS

Reiki Master

Usui Shiki Ryoho, Saskia Maria

The Reconnection[®]

Reconnective Healing[®]

Dr. Eric Pearl, California

Ayurvedic Indian Head Massage

Meridian Centre, Amarjeet Bharna IHM (UK)

Aromatherapy

*Phytotherapeutics & Educational Systems,
Blaine Andrusek, Calgary*

Massage Therapy

Therapeutic, Thai

Associate Member of AMTWP

Foothills College of Massage Therapy Inc.

1,000 Hour Diploma, Calgary 1996

EFT

Emotional Freedom Technique

Gary Craig

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What if everything
were in balance?



The Reconnection™ and Reconnective Healing™

www.thereconnection.com

Dr. Eric Scott Pearl owned a highly successful Chiropractic practice in California for 12 years. In 1993 he was introduced to the healing frequencies of The Reconnection™ and Reconnective Healing™. His discovery of this process is a fascinating story and can be read on his web site. The medical community was baffled by reports of dramatic healing results achieved through The Reconnection and Reconnective Healing. As the internationally known founder and teacher, he continues to train practitioners worldwide through certification programs, passing on this gift.



Reconnective Healing™

Reconnective Healing is a simple yet powerful healing system that works along the meridian pathways of the body. The practitioner assists in focusing the flow of energy to help clear the pathways of blocked energy.

As the receiver attunes with these newly cleansed energies, they can feel shifts within their body on all levels. Many experience a heightened sensitivity to smell, touch, taste or sound, while others sense subtle shifts in their bodies.

Reconnective Healing does not involve any physical or body contact. Clients are fully clothed in a relaxing and safe environment. Usually two or three treatments are recommended.

The Reconnection™

The Reconnection activates and calibrates various acupuncture points on the meridian pathways of the body, allowing for regeneration, renewal and balancing of the body's chemistry, then seals in these energy frequencies.

Reiki...Using the Body's Energy to Heal Itself



Reiki (*pronounced ray-key*) is an ancient Japanese hands-on healing art discovered in the 1800's by Dr. Mikao Usui. Reiki means *universal life force*. It refers to the energy that is around and within us, and is known as an energy balancing treatment. Reiki is gentle and safe. It can be integrated with traditional and complimentary health care.

Reiki is a way of activating, directing and applying natural energy for the promotion of health, healing, balance and wholeness. It is a gentle laying of hands on the client and channeling the 'universal life force energy' from practitioner to client, promoting a sensation of inner bliss and harmony. It is an effective art for the release of stress, energy blocks and tension, restoring vital energy lost in our daily lives.

As a certified Reiki Master, this art of healing has been essential in my work both professionally and personally for releasing stress and restoring the body to a place of balance and harmony.

Sound Therapy: The Powerful Effects of Tibetan Singing Bowls



Tibetan Singing Bowls, ancient in their origin, are new to us. With their intricate sound vibrations, they can be used for healing or meditation. Technology has unraveled part of their mystery; it has been proven that their sounds imitate our brain waves. This has a profound effect on lowering blood pressure and calming the nervous system.

The harmonically interwoven vibrations of the bowls quickly spread through the body, resulting in a delicate 'internal massage', alleviating the stress of our hectic lives. Tibetan bowls have been hidden away for centuries and only recently been brought to our attention in the Western world.

Indian Head Massage... Restored from The Top Down



Indian Head Massage dates back to India some 4000 years ago as part of the ancient healing art of Ayurvedic medicine, which was practiced to alleviate stress. This method of massage is a simple, non-invasive therapy performed while fully clothed. It induces a sense of calmness, tranquility and releases anxiety and stress, which can often be expressed in the form of migraines, tension headaches, hair loss, psoriasis or eyestrain.

Therapeutic Massage

Massage Therapy provides a natural health alternative to alleviate soft tissue discomfort associated with everyday stress, mental and physical fatigue. Massage therapy is a natural form of health care that supports today's philosophy of taking preventive measures towards the health of our mind, body and spirit.



The benefits of massage occur through caring hands-on healing. Massage has been shown to maintain stability and enhance performance in nearly all of the body's major systems. A relaxing massage reduces the effects of stress, increases circulation, flexibility and range of motion. Massage is a preventive practice that promotes a feeling of well-being.

Call today for an appointment or more information!

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