



NEI & REIKI IN BREDA

A calmer mind. More balance in your body. Direction from within.

A warm, welcoming place to slow down, reconnect and feel more at home in yourself.

DISCOVER PRAKTIJK IK

Mariëlle van Hattum · Breda

www.praktijk-ik.nl

What feels right for you?

TAKE A MOMENT TO NOTICE WHAT RESONATES



NEI

Gently explore what may lie beneath tension, inner restlessness or recurring patterns.



Reiki

A quiet moment for body and mind. Simply receive, slow down and be present.

Not sure which session is right for you?

Mariëlle will be happy to think it through with you.

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