



# Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Sarah's Star supports people affected by incurable illnesses, including their families, friends, carers and NHS health professionals.

Sarah's Star is now offering Reiki sessions !

3 spaces available for 3 people per month

Please email [info@sarahs-star.org](mailto:info@sarahs-star.org) for more details

Reiki is a Japanese energy healing technique. A relaxing form of energy therapy with many benefits reduces stress improves sleep stimulates the immune system speeds recovery balances mind & emotions improves anxiety & depression



[reiki](#) | [healing](#) | [energy](#)

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Reiki Sessions

  
07467688860

  
[info@sarahs-star.org](mailto:info@sarahs-star.org)

Room 11 Linskill Centre,  
North Shields

<https://www.sarajs-star.org>

Last Updated - 14th February 2025

