

Cynthia Bledsoe, *CRMT, CMRM*



Certified Reiki Master Teacher

Certified Medical Reiki™ Master

Performing Arts Coach

**Integrative Health & Wellness
Coach**

410-790-4277

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Services

- Reiki Sessions (60 min)
- Integrative Health & Wellness Coaching (60 min) (may add Reiki for additional fee; total 90 min)
- Performance Reiki & Coaching (Actors & performing arts)
- Medical Reiki™ in hospitals, operating room & healthcare

Certification Classes

- Usui Reiki Levels I and II
- Usui Reiki Level III Master (Practitioner and Teacher)
- Sekhem Seichim Reiki (SSR) (Practitioner & Master Level)
- Medical Reiki™

Workshops

- Everyday Mindfulness for Well-Being
- Meditation and Journaling for Beginners
- Guided Writing for Well-Being
- Meditation & Manifestation through Creative Arts
- Introduction to Medical Reiki™ for Your Healthcare
- Developing Intuition Through Dreams & Interpretation
- Sacred Baths: The Ritual and Art of Baths to Revitalize Your Spirit (Includes Book)
- Health Coaching: Partnering with Yourself for Well-Being
- Performance Reiki for Actors & Performers - All Levels (Group Workshop)
- Heart Centered Leadership in the Workplace
- Creating Heart Centered Community Spaces