

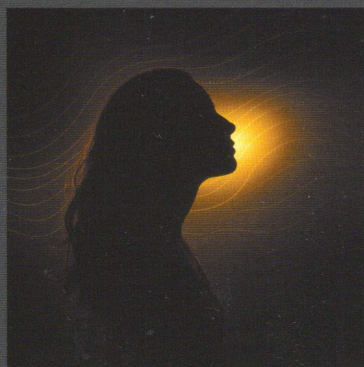
SHIFT

WITH SAM

RISE
TRANSFORM
SHIFT.

Reiki Therapist &
Soma Breath Coach

Gently reset your nervous system
and bring your body back into
balance — easing stress, sleepless
nights, menopause symptoms, and
more through natural, holistic
healing.



Contact Sam 07804603798

Find me on Facebook: Shift with Sam/Canvey

❖ Some of the Benefits of Reiki

Reduces Stress and Anxiety

Reiki promotes deep relaxation, calming both body and mind. Many people describe feeling peaceful, centred, and rebalanced after a session.

Enhances Emotional Well-Being

By gently clearing energy blockages, Reiki helps release emotional tension and restore a sense of calm and happiness.

Supports Natural Healing

Reiki works with the body's own healing systems to support balance, health, and vitality.

Helps with Pain Management

Reiki can ease physical discomfort by reducing muscular and energetic tension.

Improves Sleep

Many people sleep more deeply after Reiki, waking up feeling refreshed and restored.

❖ The Power and Benefits of Soma Breath

Combining breathwork, rhythm, music and visualization help you enter powerful states of relaxation, focus, and alignment.

Balances the Nervous System

Soma breath activates the parasympathetic nervous system, switches on calming the body and reducing stress hormones like cortisol.

Boosts Energy and Vitality

By increasing oxygen efficiency and improving circulation, Soma Breath helps you feel more alive, focused, and energised.

Improves Mental Clarity and Focus

Supports Hormonal Balance

Breathwork helps regulate the body's internal systems, which can be especially beneficial during menopause or times of change.

Improves Sleep and Deep Rest

Sessions often lead to profound relaxation,

These natural techniques help you shift from stress to stillness — restoring balance, peace, and vitality from the inside out.

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