



Reiki

The word Reiki means Universal Life Energy and this simple healing system works to promote health and well-being of the mind, body and soul. This ancient Japanese healing method was rediscovered by Dr. Mikao Usui during the beginning of the 20th century, and has been passed from Master to student all around the world. Combined with deep relaxation it accelerates the body's self-healing abilities.

For bookings and any other enquires contact the County Club on 9261 3838 or email countryclub@edenmore.com