



WELLNESS EVENT PROPOSAL

ABOUT



Queenie Hilfer is a Usui Reiki Master Teacher, Sound Healer and the Founder of Reiki and Flow. She is affiliated with the International Association of Reiki Professionals (IARP) and is based in beautiful El Segundo. She walked away from a successful corporate career where she was a top performer, respected confidant and advisor to Founders of \$1 billion-valuated companies in LA's tech startup hub, Silicon Beach. Coupled with her love for reiki, she pursued sound healing training and has added this powerful healing modality to her practice.

Reiki and Flow was born out of the honor and fulfillment Queenie has found in holding sacred space for others. The types of emotional clearings and blissful flow she's experienced personally and witnessed in her clients has been the gift of her life. She serves clients both domestically & internationally via her private practice and also leads deeply restorative wellness workshops customized for the occasion. Queenie is committed to empowering her clients to live in alignment with their own intuitive guidance and purpose, becoming active participants in their own healing.

BENEFITS OF REIKI + SOUND HEALING



Reiki is a Japanese energy healing modality that helps to remove obstructions to your natural state of health and restores vital life force energy to depleted areas. Combined with the power of sound healing, these modalities help clear stagnant energy that is ready to be released from your physical and energetic bodies. The high vibrational frequencies of both reiki and the instruments help drop you from a busy, anxious brain wave state to meditative alpha and theta brain wave states. Benefits of these powerful healing modalities include:

- Turns off 'Fight or flight' mode and turns on 'Rest and digest' mode activating our innate healing abilities
- Quiets the mind and promotes a sense of inner peace, calm & serenity
- Helps to release emotional blockages and limiting belief patterns
- Eases chronic stress, anxiety & depression that is trapped in the body
- Increases self-awareness, confidence & overall sense of empowerment
- Encourages energetic detoxification and restores balance
- Builds connection and helps develop stronger working relationships
- Facilitates compassionate communication