

Mandala Healing Arts

to schedule an appointment please call Rixie Dennison
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To: _____

From: _____

Gift: _____

*life balancing gifts for your
mind, body, emotions, spirit*

You are entitled to a life balancing gift, a gift that will bring your mind, body, emotions and spirit into balance.



Yoga is the union of mind, body, and spirit. Physically, yoga improves flexibility and balance, reduces pain, tones muscles, increases energy level, and promotes relaxation. Mentally, it clears the mind and focuses attention, reduces stress, releases emotions, and promotes a sense of peace and tranquility.



Life Coaching is a unique partnership between you and the coach through which you are empowered to make desired changes in your life. It is with the everyday choices we make for our mind, body, emotions, and spirit that we can create a successful healthy, balanced life. When we identify and move beyond those things that are holding us back, we can create the life we really want.



Reflexology is a therapy that works on the feet or hands, enabling the body to heal itself. Following illness, stress, injury, or disease, the body is in a state of “imbalance,” and vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology can be used to restore and maintain the body’s natural equilibrium and encourage healing.



Reiki (pronounced “RAY-key”) is a Japanese word meaning universal life energy. It is a non-intrusive method of hands-on healing that taps into the energy referred to by philosophers and martial artists as ki in Japan, chi in China, and prana in India. Reiki is a technique that addresses both chronic and acute conditions, gently and powerfully promoting balance to support good health and well-being.

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