

Meet Your Kerrville Reiki Master

supporting
wellness
naturally

Twenty-five years ago, Anne Schneider left her Houston window manufacturing business for the serene terrain of the Texas Hill Country—the perfect place to unplug from the rat race and focus instead on her own interior landscape. The region’s rolling hills and emerald green Guadalupe River fostered the healer within her through poetry writing, mask making, tai chi, and ultimately Reiki—each rising up like the river’s life-giving headwaters.

Anne completed four years of study for her Reiki Master degree, receiving her initiation in 2010, from New York State’s first traditional Reiki Teaching Master (1988). Anne has traveled to Japan twice to explore Reiki’s roots and to inform and support her practice here. Through Reiki, she learned to balance body, mind, and spirit to support her wellness.

Using daily Reiki self-practice as a tool, she naturally manages her own chronic back pain and emotionally handles family mental health issues.

Reiki Master Anne Schneider shares sessions and teaches this natural healing therapy at her Kerrville, Texas, studio. Her Ventana al Cielo Studio is graced by woods and home to an abundance of birds and deer. She and her husband Harry make their home nearby in historic Methodist Encampment among its stone cottages and eclectic remodels.

Anne is committed to opening individuals to their body’s own healing abilities. She believes in everyone’s capacity to support their wellness in body, mind, and spirit. Reiki facilitates bringing these aspects into balance through a timeless practice, assisting you with life’s unique challenges and infinite possibilities.

Start your wellness journey today with Anne as your partner. She is the USA-Southwest/California Local Representative of The Reiki Alliance—an international organization of traditional Reiki Masters—and is ready to support you in a world of inner balance. Schedule your Reiki session with Anne now.

Interested in learning Reiki as a natural healing therapy to practice on yourself and, if you choose, on others? Anne’s ten-hour weekend Reiki I training is simple and practical. Register today for her next class July 30-August 1. Anne@ReikiTexas.info or (830)739-5828. Visit her website at ReikiTexas.info.

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The benefits of Reiki:

- catalyzes the body’s natural ability to heal itself
- is a safe, non-intrusive, non-invasive hands-on therapy
- supports other therapies to balance body/mind/spirit
- addresses both chronic and acute conditions
- promotes relaxation
- helps support the immune system
- assists with natural pain management
- is a natural healing therapy that anyone can learn

*** What to expect during a typical session:** Recipients lie fully clothed on a padded table for 75 minutes. The practitioner simply places her hands on your head, shoulders, chest, stomach, and back in a series of hand positions. She applies little or no pressure and uses no oils. Reiki energy flows, not from the practitioner but rather through the practitioner, to you. Reiki is offered for the body’s use at the body’s pace, for its highest good. Though Reiki techniques appear simple, the effects can feel profound.