



Wellness Now Centre, Worcester.

Dedicated to holistic wellness. Known for excellence in training, therapies, empowering personal, professional & spiritual development.

Run by Kay Zega, registered multi-therapist, accredited counsellor, CAM tutor/ college lecturer with 20+ years' experience in healing, wellbeing and promoting therapeutic change to achieve positive life change. Her replies to Prince Charles's questions regarding Reiki influenced his & Camilla's decision to seek Reiki treatments.

Our Teachers & Practitioners are fully qualified /experienced.

We offer:

- Certificated Training: Angelic Reiki to Master Teacher level; Usui Reiki to Master Teacher level;
- Advanced Cert in Professional Practice of Holistic Healing
- Continuous Personal & Professional Development opportunities
- Stress Reducing, Wellness Boosting, Confidence Building & Developmental Workshops
- Traditional Counselling/ Psychotherapy + Spiritual Counselling /Guidance
- One-to-One & Small Group Mentoring: for Practitioners & Teachers re high standards of professionalism; Abundance Advice; Stress Management/ Anxiety Reduction.

Holistic Therapy Treatments: Angelic Healing; Colour Therapy; Crystal Therapy; Etheric Weaver Treatments; Indian Head Massage; Kinesiology; Massage; Reflexology; Reiki Healing; Shamballa Multi-dimensional Healing.

Contact details:

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