

## NEW SERVICES OFFERED AT THE OFFICE OF LESLEY JAMES MD!

Sandra Sylvester, owner of 'Skylark Wellness and Healing' here to share some exciting news with you! This summer, I will begin offering wellness classes and Reiki therapy at the office of Dr. Lesley James!

[skylarkwellnessandhealing.com](http://skylarkwellnessandhealing.com)

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### REIKI I TRAINING CLASS

'Your personal energy tonic for health and wellness'

- JULY 26TH 10:00-6:00  
or SEPTEMBER 20TH  
10:00-6:00pm
- Learn how this simple, convenient, loving practice can reduce stress and balance your mind, body, and spirit.

### REIKI I TRAINING CLASS

'Self-care for Kids'

- AUGUST 10th SUNDAY,  
10:00-4:00
- Learn Self-Reiki practice to influence mindfulness, self regulation, and empowerment for children 8-16yrs.

### ENERGY BALANCING – USING THE MIND WORKSHOP

- AUGUST 14TH 6-8PM  
\$30.00
- Explore techniques and processes to shift and lift your emotional state
- Practice ways to use the mind to improve your energy for optimum health benefits.

### Reiki treatment sessions

## REIKI THERAPY – 'A viable integrative component to health'

- Reiki treatments affect an activation of a natural healing response, relaxation, and restorative rest.
- Available in 30 or 60 minute treatment sessions.
- Appointment times are offered early mornings, late afternoons and weekends.
- Schedule appointments through the 'contact' page of my website:  
[skylarkwellnessandhealing.com](http://skylarkwellnessandhealing.com)  
or on **Skylark Reiki Care** Facebook page, or by calling 585-264-9629.
- Your initial Reiki session & consultation is \$65.00. Discounts are given for consecutive treatments, and recurring clients.
- A Reiki treatment session is administered using light, noninvasive hand placements on the client's fully clothed body, resting on a massage table.
- Reiki therapy is safe for everyone regardless of age or medical condition, as there are no known medical contraindications.



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### Sandra Sylvester

Sandra is a certified Reiki Master Teacher, a registered Karuna Reiki Master Teacher, an Ordained Minister, earned a B.A. in Interdisciplinary Arts in Education, has an M.S. Ed from Nazareth College, and is New York State Certified in Art and Elementary Education.

She is a hospital volunteer offering Reiki to patients and staff in Palliative Care, member of the Integrative Health Committee in Rochester NY, a member of The International Center for Reiki Training, and is continuing study with Pamela Miles, an Integrative Health consultant and Reiki Master in NYC.

Sandra Sylvester began Skylark Wellness and Healing to provide a safe, compassionate, and structured environment where you can begin or continue to discover how Reiki practice, energy balancing and mindfulness programs can add happiness, meaning, and healing to your life.