



Anne H. Bentzen, MSOT  
Jikiden Reiki teacher/practitioner  
Occupational Therapist  
**914-588-4079**

**Office:**  
25 Broadway, Suite 101  
Pleasantville, NY 10570  
**[www.balancing4life.com](http://www.balancing4life.com)**

Anne Bentzen is a certified Jikiden Reiki Shihankaku teacher with the Jikiden Reiki Institute of Kyoto Japan. Originally trained as a Usui and Karuna® Reiki Master Teacher, Anne now devotes her Westchester private healing to promoting the original form of Reiki as a Jikiden Reiki teacher. Her background as an occupational therapist for many years allows Anne to provide a bridge for clients interested in alternative forms of healthcare using natural healing modalities.

Reiki is a holistic and complementary modality for health and well-being. It's primary purpose is to restore harmony within the body and in doing so, Reiki reduces stress very effectively. It is excellent for management of pain and inflammation, healing from surgery, reducing side-effects of medical treatments, insomnia, anxiety or other emotional distress. Compassion, patience, a warm, gentle touch facilitate a deep relaxation response for transformative healing. Reiki has no contraindications and supports every age range including pregnant women.

Educating clients to support their own well-being through positive energy practices is an important aspect of Anne's healing practice. The mission of Balancing 4 Life is to empower clients to become the masters of their own energy thereby strengthening their ability to create the life they truly desire. Anne is adept at helping clients perceive new ways of understanding the flow of energy to see themselves, the world and their relationships. Guiding clients to become more mindful and to develop personal energy management provides clients with better holistic results for their body, mind and spirit.

Balancing 4 Life is a restorative wellness center offering a variety of wellness services besides Reiki, plus natural plant-based products. Enjoy sound healing, aromatherapy, meditation, restorative yoga programs offered by other wellness practitioners in Pleasantville. Anne offers individual Reiki sessions, teaches Jikiden Reiki Shoden Reiki certificate programs and empowered living seminars regularly in addition to creating personalized Bach Flower essence blends for mental/emotional support.

*"We are energy beings. Our bodies reflect our thoughts and emotions. Energy healing offers total well-being for heart mind and body through conscious awareness of our true nature."*