

# Rachael Nickel



## Hatha Vinyasa Yoga with Rachael

Tuesday: 12pm - 1pm

Wednesday: 10am - 11:15am

### NEW CLASS

Friday: 12pm - 1:15pm

Rachael joined the Spencer Pilates' family about a year ago and is now on the schedule for three yoga classes a week!

Rachael was born in Toledo, Ohio. She began practicing yoga when she moved to New York in the mid '90s and has studied various styles of yoga throughout the city. She has a BFA in art, and she has a creative approach to yoga. She is also an energy-healing facilitator with over 20 years of experience.

Energy healing is when a practitioner uses the power of touch, both on and near the body, to clear congested energy fields. This congestion can affect you physically, emotionally and spiritually. Energy healing can decrease feelings of anxiety and stress, prevent illness and increase general well being.

She is a Reiki master, a Healing Touch practitioner and is currently studying Cell-Level Healing.

**Rachael is available for energy healing for \$85 per hour-long session. Please call the studio to schedule and appointment.**

