



Energy Healing/Personal Training Options

Energy Healing One-on-One Sessions (Diana and Gail)

During a typical healing session, one would expect to lie fully clothed on a massage table to assess, clear, and rebalance what modern medicine refers to as the body's "electro-magnetic energy field" or "bio-field." Techniques are then utilized to attend to symptoms, conditions or simply for relaxation. In addition to a positive physical influence, the goal is to create an environment that allows the body to self-correct and continually progress toward homeostasis.

Personal Energy/Exercise Instruction (Gail)

In addition to these bio-energetic techniques referred to as energy healing, qi gong healing, healing touch, personalized breath and movement exercise instruction is available to enable you to independently regenerate and maintain your energy balance. This works by using the breath in such a way as to spark and direct the underlying life force called "qi" or "chee" which lies latent within each of us.

Tai Chi and Qi Gong exercises can support physical self-healing, help resolve mental challenges, and balance emotional stress. When one independently develops their center of balance on all of these levels, they can function optimally.

These methods are also found to enhance any style of individual athletic training, group exercise, or business/education/sports performance because, among many other aspects, there is an emphasis on the body's tendons. When trained properly, the tendons can store great amounts of energy to be utilized in many different ways. Energy exercises synergistically complement your traditional exercise program for a complete, holistic exercise program.

Energy Testing Session (Diana and Gail)

Energy Testing is a technique that assesses where in the body energy is blocked, reversed, scrambled or toxic. The Practitioner will then formulate and share an intervention plan to correct, and detoxify these energies which will help each participant regain and maintain optimal health.

30 Minute Session: \$30 Member \$45 Non Member (includes Guest Pass)

Please call the Center for Fitness for more details or to schedule an appointment.

Meet our Staff

Gail Galivan is a Certified Medical Tai Chi and Qi Gong Instructor, Research Consultant, and Energy Healer. She uses bio-energy techniques that affect all the systems of the body, including the acupuncture meridians and chakra centers, which have been shown to result in dramatic health benefits.

Diana Czekalski, MS in Education, is also a Reiki Master, certified Energy Healer, Certified Group Exercise Instructor and retired Physical Education Teacher.

Appointment Availability and Rates

One Hour Session: \$52 Member \$64 Non Member ½ Hour Sessions are also available

Appointment Availability:

Gail: Tuesday Evenings 6 to 9 pm, Friday Afternoons 1 to 3 pm and Saturday Mornings 11 am

Diana: Wednesday Afternoons 1 to 5 pm and Thursday Evenings 6 to 9 pm

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