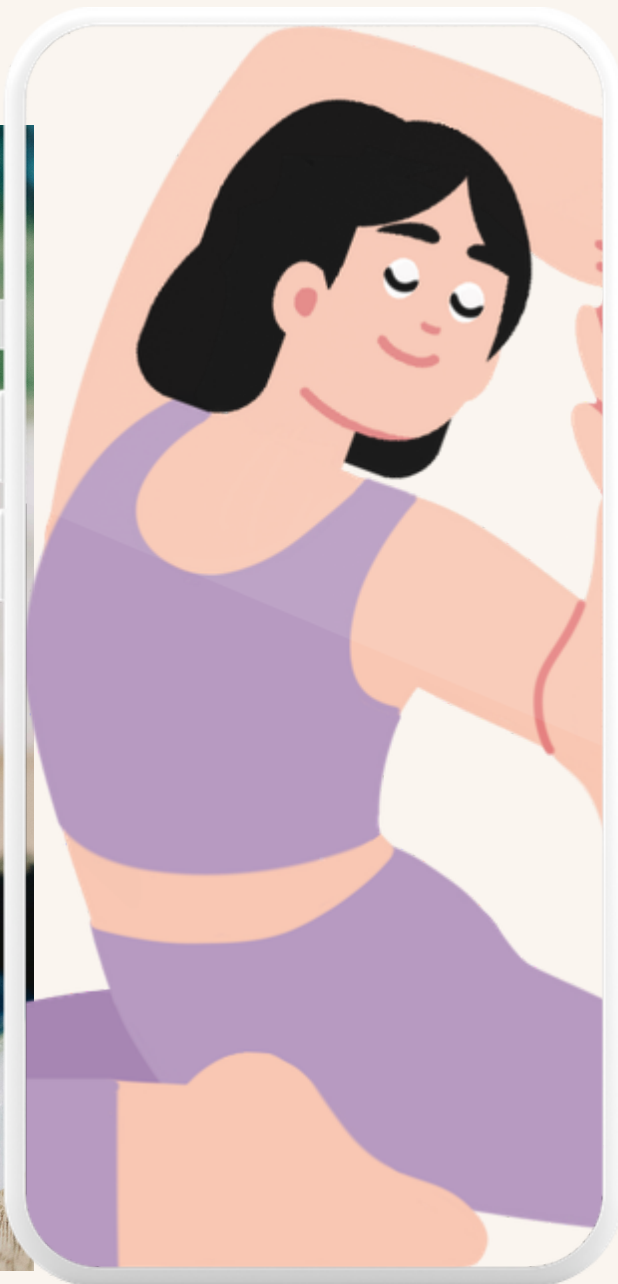
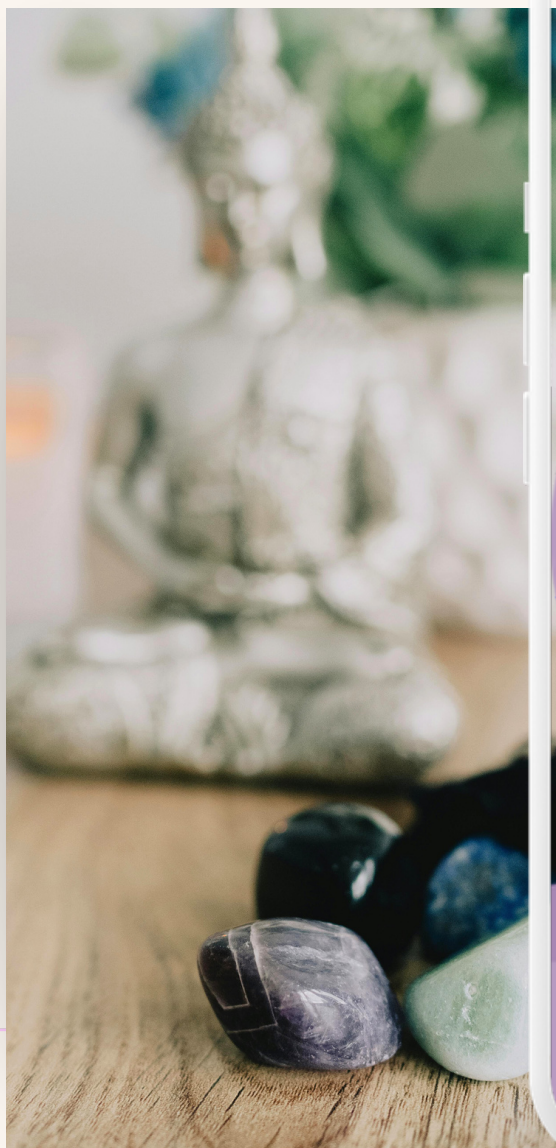


How to Integrate Reiki into a Yoga Practice?

Reiki and Yoga: Creating the Ultimate Flow





Welcome!

Nice to meet you!

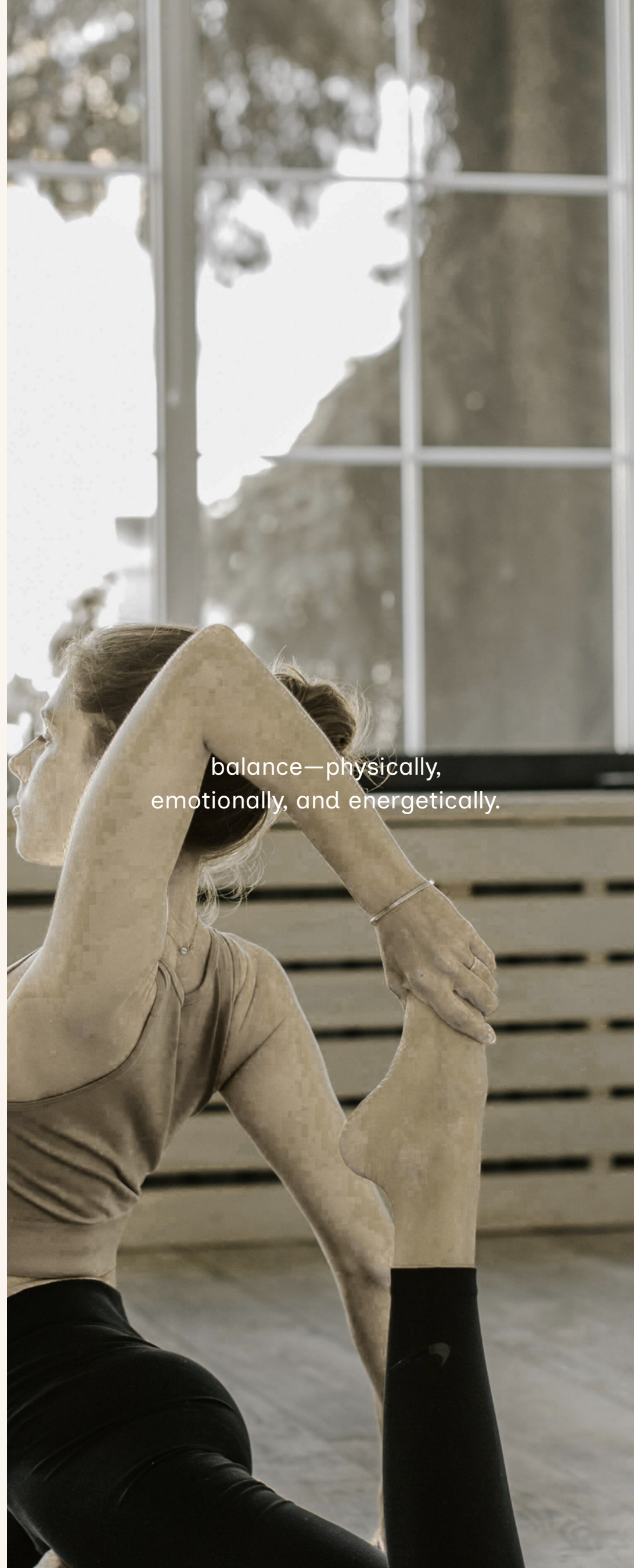
Hi, I'm Dimple — a women-centred yoga teacher and Master Usui Reiki practitioner. Alongside my full-time career as a Project manager, I've built Natural Soul Healing, a modern wellness space where I support women in reconnecting with their bodies, energy, and inner calm through yoga and Reiki.

I'm a certified yoga teacher and Master Usui Reiki practitioner, and specialise in helping women create balance, release stress, and cultivate soulful wellbeing — no matter how busy their lives may be. What began as my personal healing journey has grown into a heart-led business where I offer online yoga classes, in person Reiki treatments, and distance Reiki sessions to women across the world.

When I'm not guiding sessions or working in the corporate world, you'll usually find me grounding in nature, exploring new wellness practices, or spending time with the people I love. My work is a blend of structure and soul — combining my analytical background with my passion for healing to create a supportive, accessible, and deeply nurturing space for women.

xo, Dimple D.

Reiki and yoga are time-honored healing traditions that support physical health, emotional balance, and spiritual growth. When combined, they create a deeply nurturing experience that enhances awareness, relaxation, and energy flow. This guide explores how Reiki and yoga differ, where they overlap, the benefits of blending them, and practical ways to incorporate Reiki into a yoga session for deeper healing.



balance—physically,
emotionally, and energetically.

Understanding the Difference
Between Reiki and Yoga

How Reiki and Yoga Are Alike

Chakra Healing in Reiki and
Yoga

How Reiki Can Enhance Your
Yoga Practice

Simple Ways to Integrate
Reiki into a Yoga Session

Yoga Poses That Pair Well
with Reiki

Although Reiki and yoga share a common foundation in energetic and spiritual healing, they approach well-being in different but complementary ways.



Yoga:

Yoga originated in ancient India and is a comprehensive system designed to unite the body, mind, and spirit. It combines physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana) to cultivate balance and self-awareness. Traditionally rooted in the Vedic and yogic philosophies, yoga was developed as a path toward spiritual awakening and inner harmony.

Each posture is intended to strengthen the body while activating the nadis—subtle energy pathways that carry prana, or life force energy. Through mindful movement and breath, yoga helps release stagnant energy, sharpen mental focus, and promote overall vitality.



Reiki:

Reiki is a Japanese energy healing practice developed in the early 1900s by Mikao Usui. Rather than using movement, Reiki works directly with the body's energetic field. A Reiki practitioner channels universal life force energy (known as ki) through their hands to support balance and healing.

Reiki can be offered through gentle touch, with hands placed lightly on or near the body, or through distant healing, where energy is sent without physical contact. The practice works on subtle energy levels, helping to ease emotional blocks, calm the nervous system, and restore energetic harmony.

Aspect	Yoga	Reiki
Origin	Ancient India	Japan (early 20th century)
Style	Physical movement, breathwork, meditation	Hands-on or distant energy healing
Main Focus	Strength, flexibility, awareness	Relaxation, energy balance, emotional release
Technique	Postures, breathing, mindfulness	Intention, visualization, energy channeling
Purpose	Self-connection and enlightenment	Stress reduction and energetic alignment

Yoga uses conscious movement and breath to influence energy flow, while Reiki allows energy to move where it is most needed without physical effort from the recipient.

How Reiki and Yoga Are Alike?

Despite their differences, Reiki and yoga share a deeper purpose: supporting harmony within the body, mind, and spirit.

Both systems recognize that healing is not purely physical. Emotional, mental, and spiritual layers all play a role in overall well-being. Reiki and yoga work with life force energy—called prana in yoga and ki in Reiki—to remove blockages, restore balance, and cultivate inner peace.

Yoga achieves this through discipline, movement, breath awareness, and meditation, helping practitioners develop strength, clarity, and self-regulation. Reiki, in contrast, operates more subtly, gently clearing energetic disturbances and replenishing the system with calming, high-frequency energy.

When practiced together, Reiki and yoga enhance one another, offering a more complete and holistic healing experience.



Chakra Healing in Reiki and Yoga

All levels welcome

Both Reiki and yoga work with the chakra system, though in different ways. Chakras are energetic centers that influence our physical health, emotions, thoughts, and spiritual awareness.

When they are balanced, we feel grounded, energized, and emotionally stable. When blocked, we may experience stress, fatigue, or emotional imbalance.



Yoga and the Chakras

Yoga influences the chakras through posture, breath, and focused awareness. Specific poses stimulate particular energy centers. For example:

- Heart-opening poses such as Camel Pose (Ustrasana) support the heart chakra, encouraging compassion and emotional healing.
- Grounding postures like Mountain Pose (Tadasana) activate the root chakra, fostering stability and security.

Through mindful movement and pranayama, yoga helps prana circulate freely, clearing energetic stagnation and restoring balance.



A place to return to yourself

Reiki and the Chakras

Reiki works directly with the chakras by channeling universal life force energy through the practitioner's hands. Energy is guided to areas of imbalance to dissolve blockages and encourage alignment.

For yoga practitioners, Reiki can deepen the energetic effects of a practice by enhancing relaxation, supporting emotional release, and strengthening spiritual connection. When Reiki is applied during or after yoga, it can amplify the benefits of both practices.



How Reiki Can Enhance Your Yoga Practice

Blending Reiki with yoga can transform your practice into a more intuitive and restorative experience. Key benefits include:

- **Deeper relaxation:** Reiki soothes the nervous system, making it easier to release tension in poses.
- **Heightened body awareness:** Reiki encourages presence and sensitivity to subtle energy.
- **Emotional and energetic healing:** Reiki helps clear blocks that may manifest as physical discomfort or emotional stress.
- **Improved energy flow:** Reiki supports the smooth circulation of prana throughout the body.
- **Stronger meditation focus:** Reiki's calming influence supports stillness and concentration.



BEGIN YOUR () PRACTICE

Simple Ways to Integrate Reiki into a Yoga Session

You don't need to overhaul your practice to include Reiki. Small, intentional additions can make a powerful difference.

1. Set a Clear Intention

Begin your session by choosing an intention such as healing, balance, or peace. Bring your hands together at the heart center in Gassho (prayer position) and invite Reiki energy to flow.

2. Work with Reiki Symbols (for Attuned Practitioners)

If you are attuned to Reiki, visualize or draw symbols such as Cho Ku Rei before starting. Imagine them in your palms or surrounding your mat.

3. Use Gentle Hand Placements

In seated or restorative poses, rest your hands on the heart, abdomen, or any area that feels in need of support. During Savasana, hands can rest on the chest or forehead.

4. Combine Reiki with Breathwork

While practicing pranayama, imagine healing light entering the body with each inhale and releasing tension with each exhale. Visualize Reiki energy flowing with the breath.

Your journey doesn't need to be perfect just intentional.
Join us for an upcoming class, explore our offerings,
or follow along as we continue to grow our community.

BEGIN YOUR (



) PRACTICE

Simple Ways to Integrate Reiki into a Yoga Session

5. Share Reiki in Group Settings

If teaching or practicing with others, offer light, respectful touch on areas such as the shoulders or upper back during resting poses, or send Reiki from a distance if touch is not desired.

6. Chakra-Focused Meditation

During seated or lying meditation, move your awareness through each chakra, directing Reiki energy to balance and harmonize each center.

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7. Close with a Reiki Blessing

End your practice in Savasana by hovering your hands above the body to seal the energy. Offer gratitude and silently send Reiki blessings to yourself or the group.

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BEGIN YOUR () PRACTICE

Yoga Poses That Pair Well with Reiki

Certain poses naturally support stillness and energetic healing, making them ideal for Reiki integration:

Child's Pose (Balasana)

A deeply grounding posture that invites surrender. Place your hands on your lower back or forehead while channeling Reiki.

Seated Forward Bend (Paschimottanasana)

Encourages introspection and spinal release. Sending Reiki through the hands placed on the legs or heart can deepen the effect.

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Reclining Butterfly (Supta Baddha Konasana)

Gently opens the hips and chest. Hands over the heart or abdomen support emotional and energetic healing.

Savasana (Corpse Pose)

The ultimate relaxation posture. Rest hands on the body or hover them over the chakras to infuse Reiki energy.

Mountain Pose (Tadasana)

A powerful grounding pose. Visualize Reiki energy rising from the earth through the feet to enhance stability and presence.

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Thank you!



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