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Hurrah!!! Healing in the Harbour can now re-open for in-person treatments and training from 12th April!

It feels like a long time since we were last open, but now we are stepping into Spring with much more bounce in our step! I definitely am 😊

It will be so lovely to be able to offer treatments and training again, at a time when we are all looking for ways to settle ourselves, to feel calm and find that positive outlook.

Reiki is so beneficial in starting off all those processes - so it's great to be up and running again!!

And although yes, it is obvious, I did want to emphasise the Covid 19 safety protocols that are in place at Healing in the Harbour.

I will continue to wear a type 2 face mask (it has better particle filtration) and a visor for reiki sessions, and the practical elements (the close contact) of reiki training. Clients will also still need to wear a face-covering during the treatment sessions, and the close contact sections of training.

Reiki training will be for one client only unless students are from the same household. It will include hourly ventilation, an outside break for lunch, and 2 metre distancing that will be maintained within both inside and outside spaces for the majority of the training. The rear deck of Naiad has a lovely big platform and is a great external space, under shelter. You might like to bring a jumper anyway and we're covered if it's a bit chilly when we are outside.

Clients will continue to have their own supplies station, including hand sanitiser, water, tissues etc.

I have had my first vaccination, with my second due in June. I will be collecting the lateral flow test kits for my regular self-testing when they become available on or after 9th April.

NHS test and trace login scanning is still a requirement at Bristol Marina. It is a stipulation of the marina that I may have visitors to this beautiful privately owned location in Bristol if we use the NHS app.

If you'd like to check my Covid Protocol and working Therapist Checklist in full here are the links -

<https://www.healingintheharbour.co.uk/includes/covid19-protocol-healingintheharbour-20210406.pdf>

<https://www.healingintheharbour.co.uk/includes/covid19-therapist-checklist-20210406.pdf>

I will check with you the day before any appointment that you are well to attend. If you have Covid symptoms please let me know, and do not attend.

If you have any concerns I have not covered here please do raise them with me, I'd very much appreciate that.

So do feel free to get in touch, with questions, or if you'd like to touch base for a chat - that would be nice!

I hope to hear from you soon - and wishing you a rather late Happy Easter/Spring - and welcoming in the warmer, brighter, sunnier days ahead.

I soooo look forward to seeing you soon

With love and light

Helen xx



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