

Sharon Thomas

On a silent retreat in 2010, Sharon had her first Reiki experience while seeking relief for low back pain she was experiencing. The relief she felt and the flow of reiki energy ignited her journey to become a Reiki Master Practioner. Since then, Sharon has been using Reiki's healing touch for yoga clients, cancer survivors, and even her energetic grandchildren.

In 2013, Sharon completed the Urban Zen Integrative Therapy Program which incorporates Reiki as one of its modalities. She spent her 50 clinical hours working at Wexner Heritage Village and Zusman Hospice during her training. Already a RYT-500 yoga teacher, Sharon often incorporates Reiki into her yoga classes. Sharon currently works with seniors, dementia patients as well as cancer survivors and caregivers through programs offered by JamesCare for Life.

Sharon is excited to offer Reiki in support of Hospice of Central Ohio and share a practice that brings relaxation and positive energy to people.

