

## Reiki Resources in and Near Chicago

### In-Person Sessions and Classes

#### Downtown

\* Suzanne Fraker  
Herb & Tao  
47 W. Polk  
Chicago, IL  
312.320.1812  
[sfraker@aol.com](mailto:sfraker@aol.com)

#### South

Cristina Puzio (se habla Español)  
Sacred Harmony with Christina  
Pilsen, Chicago  
773-953-9228  
[www.sacredharmony333.weebly.com](http://www.sacredharmony333.weebly.com)

#### West

\* Amy Brines  
Bonsai Massage & Bodywork  
241 S. Frontage Road  
Burr Ridge, IL  
(630) 755-8850  
[www.bonsaibodywork.com](http://www.bonsaibodywork.com)

#### North

Neal Baldyga  
Urban Escape Healing  
2618 W. Division  
Chicago, IL  
872.588.7522  
[www.urbanescapehealing.com](http://www.urbanescapehealing.com)

\* Heather McCutcheon  
Here's the Rub, LLC  
4043 N. Ravenswood, #227  
Chicago, IL  
773.771.3404  
[www.herestherub-llc.com](http://www.herestherub-llc.com)

\* Julie Dynek  
Sole + Luna Wellness  
1015 Tower Court  
Winnetka, IL  
224.505.5990  
[www.vagaro.com/sole-luna](http://www.vagaro.com/sole-luna)

\* Veronique Frede-Markscheid  
Moonstone Sanctuary  
419 Washington Ave.  
Wilmette, IL  
847.293.7332  
[www.moonstonesanctuary.com](http://www.moonstonesanctuary.com)

Laura Pryzby Healing and Wellness  
5119 Greenleaf St.  
Skokie, IL  
847.899.9047  
[www.laurapryzby.com](http://www.laurapryzby.com)

#### Remote Sessions

\* Ebony Southward  
(Sessions done remotely)  
708.497.9437  
[www.etsy.com/shop/BlackFemmeBeauty](http://www.etsy.com/shop/BlackFemmeBeauty)

Jerry Mikutis  
(Sessions done remotely via Zoom)  
[www.jerrymikutis.com](http://www.jerrymikutis.com)  
[jerryonthemat@gmail.com](mailto:jerryonthemat@gmail.com)

\* Members of the Reiki Brigade Team