



Anahata Healing Studio

uh-NAH-ha-tah — the heart's unstruck sound

WITH SHEFALI NATH · XINYI DISTRICT, TAIPEI

ABOUT

A gentle return to yourself.

Anahata is a quiet healing practice rooted in Reiki and the chakra system. Shefali Nath – India-born, Taipei-based and Rishikesh-trained – guides each session as a space to release what no longer serves you, reconnect with your inner self, and find more balance and peace within your life.

Sessions are available in person at the Xinyi studio. Distant healing sessions and retreats coming soon worldwide.

SESSIONS & PRICES

What we offer.

Reiki Healing Session

Gentle, hands-on energy work to support your body's natural capacity to heal.

First Reiki Healing Experience – NT\$1,100 · Standard Reiki Healing Session – NT\$2,200 (60 min) · NT\$2,500 (90 min)

ENERGY-CENTRE ALIGNMENT

Chakra Balancing

A focused session working through the seven chakras to bring the system back into balance.

NT\$2,200

A 7-DAY TRANSFORMATIONAL JOURNEY

7 Days Chakra Ritual Experience

A complete mind-body-energy journey through all seven chakras – one chakra a day, slowly and deeply.

NT\$11,000 per person

RELEASING WHAT IS NO LONGER YOURS TO CARRY

Cutting Cord Therapy

An energetic ritual for releasing attachments – to people, situations, and past versions of yourself.

Price on request

Free 30-minute online consultation available – before your first session, or simply to talk.

HOW TO REACH US

Get in touch.

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Pass this on to anyone who might be ready.