

Veronique Frede

Reiki Teacher/Practitioner
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Professional Bio

Veronique Frede is a certified Reiki Teacher/Practitioner in the Japanese lineage "Usui Reiki Ryoho". Originally from France, Ms. Frede has been studying and practicing Reiki in various parts of the world and settings since 2008. Aside from her private practice, Ms. Frede has worked and volunteered in a hospital, a cancer wellness center, yoga studios, a senior living community among other places. Those experiences have led her to gain a more practical understanding of the mid-body connection in relationship with life in general, and wellness in particular. Ms. Frede became a Reiki Teacher at the Japanese Culture Center in Chicago in 2019 offering her the opportunity to deepen her understanding of the Japanese arts and ways including Japanese calligraphy and Zen. Ms. Frede has been exploring both traditional and more contemporary approaches to the practice of Reiki. She has pursued these varied interests in the US as well as in Europe, and Japan where Reiki originates from. Ms. Frede believes in continuous practice and learning. She is a student of Frans Stiene, founder of the International House of Reiki, and a graduate from the Mindfulness Meditation Teacher Certification Program (MMTCP) from the Awareness Training Institute and the Greater Good Science Center at University of California Berkeley with Tara Brach and Jack Kornfield. For more information about Ms. Frede, please visit her website www.moonstonesanctuary.com