



VERONIQUE FREDE

Reiki & Mindfulness Teacher

Warm, experiential teaching rooted in Japanese culture.

MY TRAININGS

Reiki
Mindfulness
Reiki in Healthcare
Trauma-informed Practice
Mindfulness for Self-Compassion
Shodo - Japanese Calligraphy
Seiza Quiet Sitting
Zen

SCOPE OF WORK

Teaching & Mentoring
Healing Sessions
Community Care
Events Facilitator
Program Development
Groups and Individuals

CONTACT ME

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PROFESSIONAL BIO

Veronique Frede is a certified Reiki Teacher/Practitioner in the Japanese lineage “Usui Reiki Ryoho”.

Originally from France, Veronique has been studying and practicing Reiki in various parts of the world and settings since 2008. Aside from her private practice, Veronique has worked and volunteered in a hospital, a cancer wellness center, yoga studios, and 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.

Veronique joined the Japanese Culture Center in Chicago as a Reiki Teacher in 2019, offering her the opportunity to deepen her understanding of the Japanese arts and ways, including Japanese calligraphy and Zen.

Veronique 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.

Veronique 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 the University of California, Berkeley, with Tara Brach and Jack Kornfield.

For more information about Veronique, please visit her website www.moonstonesanctuary.com