

# LAUREN CETRONI

## CONTACT

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## PROFESSIONAL SUMMARY

For the past 10 years I've been rolling up my sleeves, looking in the mirror and digging into who I truly am at my core. Slowly overtime I started accumulating different tools like Mediation and Reiki to help aid in my physical and emotional well-being. These tools had an incredible impact on my personal journey almost immediately. As time went on, I started seeing my mind become less reactive to everyday stress. After a few years into my practice my intuition told me it was time to dive a bit deeper. That's when I began obtaining my certifications. These certifications were originally to help deepen my own practice, but soon after I decided to share my skills. I saw first hand how valuable these techniques can be and how important they are in my growth. I have been blessed with a gift that I know others can benefit from greatly. Now more than ever we need love and compassion toward ourselves and others. It brings me great joy and satisfaction to know I have the qualifications to offer healing modalities professionally. As a facilitator in Reiki I am here to guide you on your very own healing journey!

*All my love, Lauren*

## WELLNESS CERTIFICATIONS

### **Mindfulness-Based Stress Reduction Certification**

**March 2020**

*Trained by Dr. Handlin I received a highly participatory eight week in person group course in Mindfulness-Based Stress Reduction based on the curriculum of the Center for Mindfulness at the University of Massachusetts Medical School in Worcester, Mass.*

### **Level 1 Certification | Shoden (Level 1) Jikiden Reiki**

**March 2022**

*Trained by Sandy Sauchelli, Pathways To Presence, I received a 16 hour in person Shoden Reiki course. Sandy is a trained DNA Activation Practitioner, Meditation and Stress Management Instructor, Reiki Master, Spiritual Guide, Shihan Kaku Jikiden teacher. I've practiced Meditation with Sandy over the last 10 years and have had countless hours of Reiki practice in her studio.*

### **Level 2 Certification | Okuden (Level 2) Jikiden Reiki**

**January 2023**

*Trained by Sema Tihan, The Reiki Healing Center Of NJ, I received an 18 hour in person Okuden Reiki course. Sema has a Bachelors of Science Degree in Engineering, Spiritual Scientist, Jikiden Reiki, Shihan (Teacher of Level I and Level II), Reiki Master.*

*References Upon Request*

## SKILLS

- **Dedicated/Hardworking**
- **Loyal/Reliable/Trustworthy**
- **Compassionate**
- **Self-Motivated**
- **Timely/Organized**
- **Outstanding Listening Skills**
- **Adaptable**
- **Team Player/Positive Attitude**
- **Ability to work with no supervision**

*People Have Reported Improvements With These Techniques:  
(ex. stress, anxiety, headaches, chronic pain/illness, sleep deprivation, etc.)*