



SEPTEMBER NEWSLETTER

LAVENDER LANE

Welcome to September at Lavender Lane

September marks a fresh season of beginnings—new school routines, shifting energy, and the call to care for our health and balance. At Lavender Lane, we're here to support you in grounding, recharging, and reconnecting with yourself this fall.

This month, we're excited to introduce Reset Your Nervous System in Just 5 Minutes a Day! Beginning September 27, this powerful program uses the Safe and Sound Protocol (SSP) by Dr. Stephen Porges—a science-backed approach designed to calm your nervous system and restore balance. With guided support, calming exercises, and weekly check-ins, you'll learn how to gently shift your body out of stress and into a state of calm regulation. (Limited spaces available—see details inside!)

Alongside this, September and October bring a rich lineup of healing experiences:

- * New yoga options for strength and inner calm.
- * The return of Kundalini Yoga for transformation and balance.
- * A Lunar Alignment Circle to connect with moon energy.
- * A Chakras & Cards Workshop for insight and clarity.
- * Our Head-to-Heart Healing Weekend in early October—featuring Indian Head Massage, meditation, and oracle cards to guide you back to harmony.

We warmly invite you to step into this new season with us—grounded, supported, and connected.

Christine Gosse
Owner Lavender Lane Wellness Centre



Pilates and ELDOA classes are back this September, and it's the perfect time to reconnect with your body, build strength, and release tension! \

Pilates helps improve posture, core strength, and flexibility, while ELDOA targets the spine and joints to create space, relieve pain, and enhance mobility.

Join us as classes return—Mondays at 4 pm beginning September 8 and Wednesdays at 10 am starting September 10.

Your body will thank you!

Pilates Class

- ✓ Six (6) week classes
- ✓ Wednesdays (10–11 AM)
Starting September 10
- ✓ Mondays (4–5 pm)
Starting September 8
- ✓ \$150 + HST

Register Now

1-519-804-3332

www.lavenderlanepw.ca



FREE YOGA CLASSES

Grab a friend and join us!

Saturday September 13, 2025

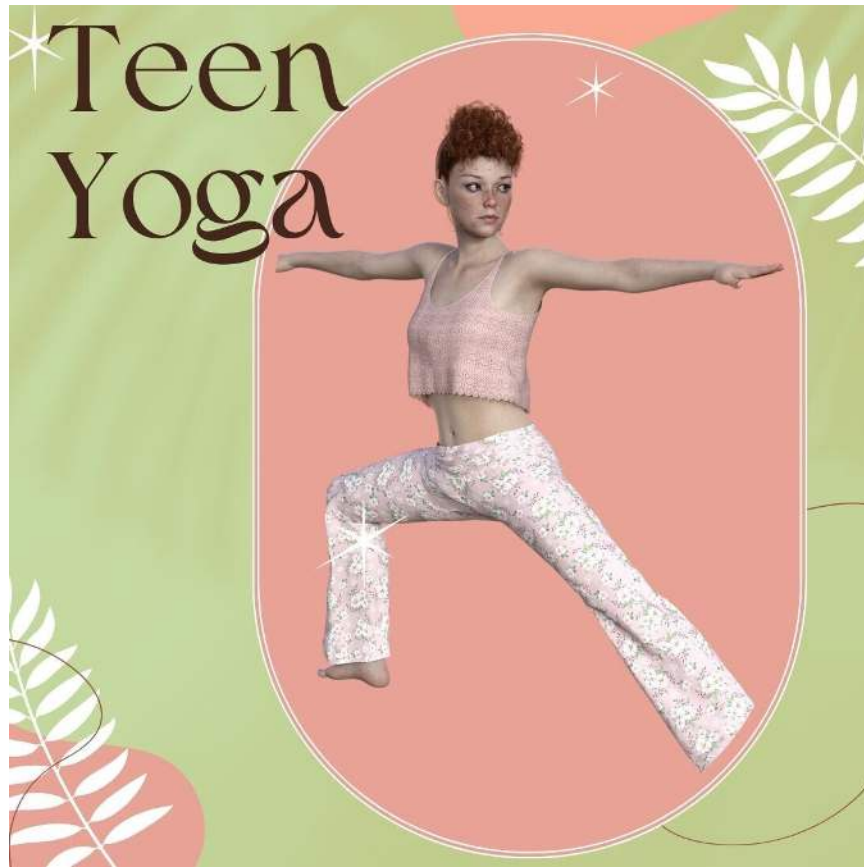
Little's Yoga (4-7 year olds): 9am-10am

Teen Yoga: 10:30am - 11:30am

Adult Yoga: 1:00pm - 2:00pm



Register ONLINE at
Lavender Lane Wellness Centre
to secure your FREE spot!
Limited spaces available.



Teen Yoga: Move, Breathe, Be – Mondays @ 6:00pm \$120 + HST (6 Weeks)

This class is designed just for teens, creating a space to move your body and calm your mind. Through fun, flowing yoga sequences and simple breathing techniques, you will build strength, flexibility, and focus.

We will explore ways to manage stress, boost confidence, and find stillness in a busy world. No experience needed; just come as you are.



Challenge and Presence – Thursdays @ 7:30pm

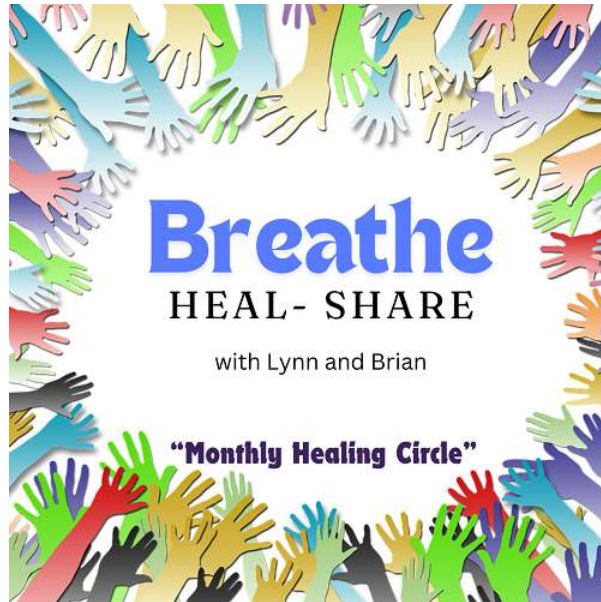
This dynamic flow class offers a balance of movement and stillness. Through active, flowing sequences, you will build strength, increase flexibility, and challenge both body and mind.

Expect to move with purpose, breathe with intention, and leave feeling grounded and empowered.

Drop In: \$25 + HST

6 Pack: \$130 + HST

10 Pack: \$205 + HST



Breathe Heal and Share with Lynn and Brian

FREE Join us for Breathe, Heal, and Share, a monthly healing circle facilitated by Lynn and Brian.

This Healing Circle is a welcoming and inclusive event is a sanctuary where you can simply be yourself, take a deep breath, and explore the healing process with others.

@ 7:00 pm – 8:00 pm Friday September 19

Event Highlights: Safe Space: A supportive environment for all—men, women, individuals of any gender, and teens—to come together and share their experiences and intentions for healing. Guided Meditation: Begin with a calming meditation to center yourself and connect with the group energy. Healing and Support: Open up about what you wish to heal within yourself or for loved ones, and receive and offer support as we journey together. Insightful Guidance: Benefit from the wisdom of guest practitioners who will share their knowledge and provide teachable moments. Community Connection: Engage in meaningful exchanges that foster growth, healing, and mutual understanding. Whether you are seeking personal growth, community support, or simply a place to unwind, Breathe, Heal, and Share offers a nurturing space for all who wish to explore their inner journey and connect with others on a similar path.

This is FREE, but we do wish you to register in advance if possible.

Claim your spot now

Little Yoga



Little Yogis: Move, Breathe & Play – Saturdays as of September 20
@ 9am \$120 + HST (6 weeks)

In this safe and nurturing space, children are free to be themselves. Through playful movement, breath, creativity, and imagination, kids build emotional resilience, develop self-awareness, and learn to express their feelings in healthy ways.

Each class encourages curiosity, connection, and confidence, helping little ones grow strong in both body and heart.

Perfect for ages 4-7.



NEW MOON ENERGY & INTENTION SESSIONS

Each session is unique, reflecting the theme of the new moon—from courage and clarity to creativity, abundance, and inner wisdom.

September – Harvest Moon: Completion, Reflection, Gratitude, Root Chakra, Reflective grounding meditation, group energy session to integrate lessons, journaling on intentions & accomplishments.

Connect with yourself, the moon, and a supportive community—make this monthly ritual your sacred space for transformation

 www.lavenderlaneptw.ca

Book Now


LAVENDER LANE
WELLNESS CENTRE

September 20
1 pm to 2 pm
\$20



Step into the magic of the new moon with our Lunar Alignment Circle—a monthly ritual to release, reset, and realign your energy. Each session weaves together guided meditation, chakra work, Reiki, and intention-setting to help you let go of what no longer serves you, call in what you desire, and stay connected to the moon’s powerful rhythms. September’s Harvest Moon invites reflection, gratitude, and grounding—an opportunity to honour your growth and set intentions for what’s next.

BOOK NOW to claim your sacred space in this transformative circle.



Soundbath

September 23 (8 pm to 9:30 pm)

This class aims to help you relieve tension, calm your mind, and regain your inner balance. As you slowly move through thoughtfully selected poses and immerse yourself in the healing vibrations of sound, you'll be encouraged to breathe deeply, allowing for both physical release and mental clarity. This immersive sound experience will guide you on a journey within, allowing you to release tension, quiet the mind, and restore inner balance. Each participant may respond uniquely during the session, with common sensations including deep relaxation, emotional release, gentle restlessness, tingling, calmness, sleepiness, warmth or chills, and vibrations throughout the body or head.



Exploring Wellness – September 23, 6:00–9:00 pm

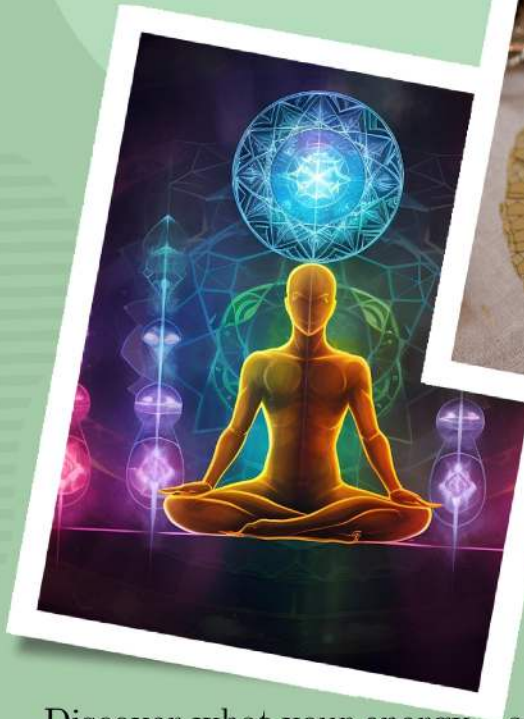
Step into an evening designed to nurture your mind, body, and spirit! Our Exploring Wellness event is the perfect opportunity to experience powerful holistic services at special rates.

Enjoy a Reiki & Energy Sampler (30 minutes for \$40) to restore balance and calm, or book a session with Victoria Woolridge, Manual Osteopath, to help relieve pain, improve mobility, and support your body's natural healing.

Whether you're curious about trying something new or looking to deepen your wellness journey, this evening is all about exploration, relaxation, and rejuvenation.

Spaces are limited—Book Now!

Chakras & Cards: Fall Insight Workshop



September 24
6:30 to 8 pm
\$35 per person

Discover what your energy—and the cards—is telling you. Join us for a 1.5-hour interactive workshop where you'll explore the wisdom of your chakras and receive personalized guidance through oracle cards.

- Learn simple tips to balance and recharge your chakras.
- Experience a guided chakra meditation to release blockages.



Calling All Spiritual Male Warriors




Hosted By Phil Warder
Practitioner @ Lavender Lane

September 26th Mantuition

7:00-9:00PM
Lavender Lane
Wellness Centre
215 Toman Dr.
Waterloo, ON
Cost \$20


Open to all men
looking to walk on
the spiritual path
and have no idea
where to start.
Shares, discussion
and activities to give
you grounding clarity
and confidence





Your Nervous System Reset Starts September 27

Reset Your Nervous System in Just 5 Minutes a Day!



Start date: September 27. Experience the Safe and Sound Protocol (SSP) by Dr. Stephen Porges—a science-backed program designed to calm your nervous system and restore balance.

How it works:
You start by listening to specially filtered music for just 5 minutes a day. (Using a free App and headphones)
The music stimulates the vagus nerve, helping your body move out of stress or “fight-or-flight” mode and into a state of calm regulation.
Over time, this improves emotional resilience, social engagement, and overall well-being.

Head-to-Heart Healing Weekend

This special fall weekend is all about releasing stress, recharging your energy, and receiving intuitive insight.

"Melt away tension and invite calm into your mind and body."

Special offer

\$45

Regular price \$100
Only October 4 - 9 to 5 pm
October 5 -12 to 5pm

SERVICES



**INDIAN HEAD
MASSAGE MINI-
SESSION**



**REIKI-INFUSED
RELAXATION
MEDITATION**



**PERSONAL
ORACLE CARD
PULL**

*Step into a nurturing fall experience designed to relax your body,
reset your energy, and open your heart.*





Caring for Your Whole Self At Lavender Lane, we believe wellness is not one-size-fits-all.

Each person's journey is unique, and we're here to walk alongside you with compassionate care and a variety of services to support your body, mind, and spirit.

Our team includes dedicated professionals offering physiotherapy, massage therapy, osteopathy, counselling, social work, and more. Whether you're looking to ease pain, recover from an injury, release tension, or simply find more balance in daily life, we have gentle, effective options to meet your needs.

Beyond physical care, our counselling and social work services provide a safe and supportive space for your emotional well-being, while complementary offerings such as Reiki, Pilates, and workshops can help you deepen your connection to yourself and discover new paths to healing.

This is your reminder that whatever you're moving through—whether it's stress, pain, or a desire for greater wellness—you don't have to do it alone.

Our doors are always open, and we're here to support you every step of the way.