



NOVEMBER

Newsletter



Hello,

This is Christine, owner of Lavender Lane Wellness Centre. Our November newsletter is out, and we'd love for you to check it out! As the year winds down, don't let your health benefits expire—let us help you plan a schedule so you can make the most of them before the end of the year.

We have lots of ways to nurture your mind and body, including:
A variety of Yoga classes
Our free community event with Brian and Lynn
A new Pilates class package
And a special sound bath event

Take a moment for yourself this month—we're here to support your wellness journey.

Warmly,

Christine
Lavender Lane Wellness Centre



Give us a call or send us an email, and we'll help you plan your end-of-year appointments. Let's make sure you get the most out of your health benefits before they expire!

The advertisement features a dark blue background with a subtle floral pattern. At the top left, there is a photograph of the interior of the Lavender Lane Wellness Centre, showing a reception desk, a computer monitor, and a massage table. The text 'LAVENDER LANE' is prominently displayed in a serif font, with 'WELLNESS CENTRE' in a smaller, sans-serif font below it. To the right of the photograph, there are three circular inset images showing a person receiving a massage. A green banner with white text is positioned below the photograph, stating 'Most plans reset on December 31st'. The main headline, 'DON'T LET YOUR HARD-EARNED HEALTH BENEFITS VANISH!', is written in a large, bold, white, sans-serif font. Below the headline, a green box with the word 'Services' in white text is followed by a list of services: 'Physiotherapy', 'Massage', 'Osteopathy', and 'and more'. At the bottom right, a green banner with white text encourages calling or booking online today, followed by a white telephone icon and the phone number '519-804-3332' in a large, bold, white font.

LAVENDER LANE
WELLNESS CENTRE

Most plans reset on
December 31st

**DON'T LET YOUR
HARD-EARNED
HEALTH BENEFITS
VANISH!**

Services

- Physiotherapy
- Massage
- Osteopathy
- and more

Call or book online
today.



519-804-3332

Looking for the perfect space to host your class, workshop, pop-up event, or special gathering?

Our versatile 25x25 ft rental space is ready to accommodate your needs. Whether it's a one-time event or a recurring session, we provide a welcoming environment to help your event shine. Give us a call to check availability, discuss your requirements, and book your spot today!



Room Rentals



LOOKING FOR A PROFESSIONAL SPACE
TO HOST YOUR NEXT EVENT?

WORKSHOPS & TRAININGS
MEETINGS & PRESENTATIONS
SMALL GROUP GATHERINGS
YOGA OR HOLISTIC CLASS

Reconnect. Strengthen. Restore.

Experience the benefits of mindful movement with our Pilates classes—
designed to support balance, strength, and overall well-being.

12 sessions for only \$300 Mix and match Monday or Wednesday classes to fit
your schedule.

✨ Drop-ins \$25 ... Offer valid until December 31, 2025

Invest in your body, calm your mind, and feel the difference that consistent
practice brings.



FLEX PACKAGE

PILATES

12 sessions for only \$300
Mix and match Mon or Wed Classes
Expires Dec 31/25
Drop ins \$25
Improves

- FLEXIBILITY
- POSTURE
- BALANCE

MONDAY * 4 TO 5 PM
WEDNESDAY * 10 TO 11 AM

LAVENDER LANE
WELLNESS CENTRE

BOOK NOW

 www.lavenderlaneptw.ca
 519-804-3332

November 18

Experience the Healing Power of Sound Step into a world of calm and restoration with Arienne's Sound Bath at Lavender Lane Wellness Centre.

This immersive experience uses gentle, harmonic vibrations to guide your mind into a state of deep relaxation, releasing stress and tension from both body and spirit. As the sounds surround you, you may notice a sense of clarity, emotional release, and renewed energy.

Sound baths are known to reduce stress and anxiety, support emotional balance, promote restful sleep, encourage physical and mental relaxation

Whether you are seeking a peaceful escape, emotional release, or simply a moment to reconnect with yourself, this session offers a nurturing space to restore your inner balance.



What's it like at a sound bath?

RESTORATIVE CANDLELIGHT SOUND BATH

with Ariane

Nov 18
&
Dec 16
8:00-9:30
\$50/ person

REMEMBER TO BRING:
1-2 yoga mats, 2 blanket, 1-2
bolster/pillows & eye covering

A "Sound Bath" is a transformative and immersive experience that engages both the ears and the entire body. As you settle onto your yoga mat and get comfortable, you'll be enveloped by the sounds of various instruments, including crystal singing bowls, lotus gong, vocals and other sound elements, each carefully selected to promote deep relaxation and healing. This immersive sound experience will guide you on a journey within, allowing you to release tension, quiet the mind, and restore inner balance.

Lavender Lane Wellness Centre
215 Toman Drive Waterloo, ON

Registration Required



\$15



Kundalini Classes always includes options.

Kundalini Yoga Classes

www.lavenderlaneptw.ca

ages. All levels.

Allowing you to choose the level on the mat or on a chair.



\$25



RESTORATIVE YOGA SERIES

REST & REFLECT

25 PER CLASS

THURSDAY OCT 9TH-NOV 27TH 2025
6-7 PM

\$25

CHALLENGE & PRESENCE



YOGA

\$25

Sundays



YOGA CLASSES FOR WOMEN

YOGA OPTIONS

Whether you're new to movement or an experienced practitioner, yoga offers a welcoming space to reconnect with yourself and find harmony in daily life.

BOOK NOW

www.lavenderlaneptw.ca

FREE Monthly Healing Circle – Breathe, Heal & Share

7:00 PM – 8:00 PM | Led by Lynn & Brian Looking for a space to slow down, reflect, and connect? Join us for Breathe, Heal & Share—a free monthly circle where you can explore healing in a safe, welcoming environment.



Join Lynn Baribault—Intuitive Channel for Self & Business, Compassion Key Practitioner, Oracle Reader, Teacher, and International Best-Selling Author—for intuitive guidance and energy work designed to bring clarity, alignment, and renewal. Through her intuitive readings, mentorship, and healing sessions, Lynn helps you reconnect with your highest self and awaken your inner wisdom. Learn more or book your Tuesday session at <https://lavenderlaneptw.ca/lynn/>



Exploring Wellness November 18

Join us for an event featuring a fantastic lineup of practitioners offering their services at unbeatable discounts!

- Reiki & Energy Sampler – Brian Banks
- Osteopathy – Victoria Woolridge
- Neurofeedback: Shannon Thompson
- Or Exploring Your Energy Grid: Shannon Thompson





MONTHLY REIKI SHARE

NOVEMBER 26
6 - 8 PM
\$25



BRIAN BANKS

Reiki Master/Teacher

What to Expect:

- Guided Meditation to center and ground the group
- Hands-on Reiki Practice with rotations so everyone has the opportunity to both give and receive energy from multiple practitioners
- Sharing Best Practices & Tools: Exchange tips, techniques, and insights to enhance your Reiki practice
- Reflections & Discussion: Learn from others' experiences and deepen your understanding of Reiki