

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!



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!



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.



November 18

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

This immersive experience harmonic uses gentle, vibrations to guide your mind а state into 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.













YOGA OPTIONS

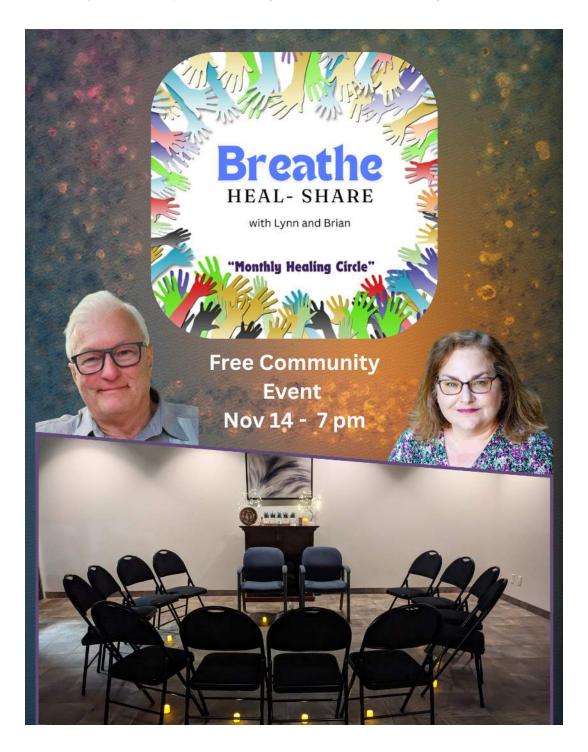
Whether you're new to movement or an experienced practitioner, yoga offers a welcoming space to reconnect with yourself and find harmony in daily life.

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/





