

Lavender Lane

WELLNESS CENTRE

January Newsletter



January invites us to begin again—slowly, intentionally, and with care.

A new year doesn't ask for perfection or pressure. It asks for presence. For listening. For choosing what truly supports your body, mind, and spirit as you step forward.

This month at Lavender Lane Wellness Centre, we're welcoming the return of familiar practices you love and introducing new experiences designed to help you release, restore, and reconnect.

✨ Kundalini and Slow Flow Yoga return—offering movement that meets you exactly where you are.

✨ New Qi Gong classes arrive on Saturdays, with two options to support gentle healing, pain relief, and energy balance.

✨ A new signature event, The Slow Exhale, invites deep rest, nervous system regulation, and a pause from the pace of life.

✨ Soundbath experiences bring vibration, resonance, and deep relaxation to soothe body and mind.

✨ Our Oracle Card Workshop opens space for insight, intuition, and meaningful reflection.

✨ And a beautiful new offering, Forgiveness & Flow, blends Reiki with Ho'oponopono to support emotional release and heart-centered healing.

January is not about rushing forward. It's about creating space—for breath, for balance, and for what you're ready to welcome in.

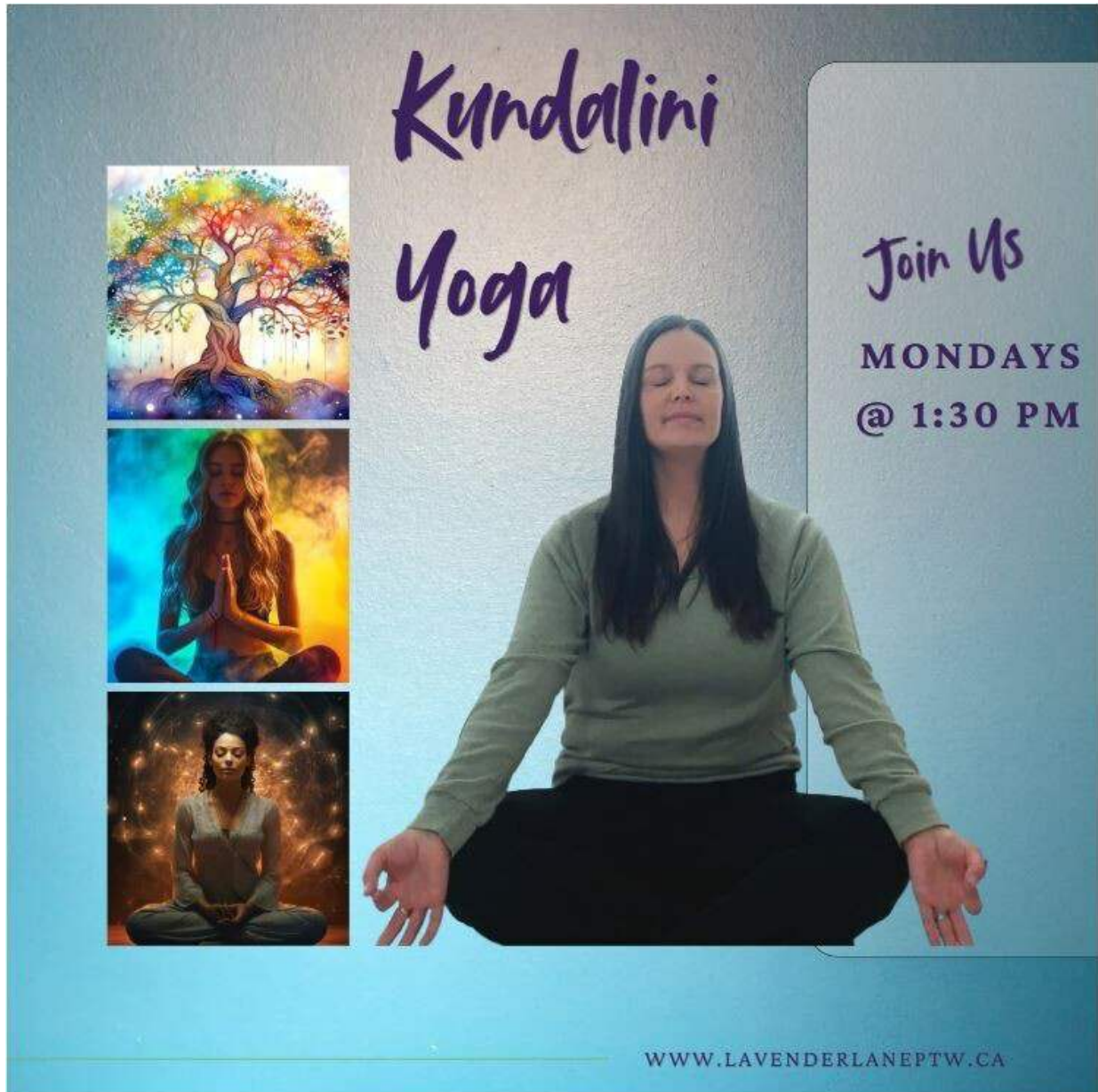
We're so glad to begin this new chapter with you.

Warmly,

Christine - Lavender Lane Wellness Centre



Kundalini Yoga
Mondays at 1:30 pm
starting January 5



The poster features a central image of a woman with long dark hair, wearing a green long-sleeved shirt and black pants, sitting in a meditative lotus position with her eyes closed and hands resting on her knees. To the left of the woman are three smaller images stacked vertically: a colorful tree with a rainbow canopy, a woman in a meditative pose with hands in a prayer position against a blue and yellow background, and a woman in a meditative pose with hands in a prayer position against a dark background with glowing orange lights. The text 'Kundalini Yoga' is written in a large, purple, cursive font above the woman. To the right of the woman, the text 'Join Us' is written in a purple, cursive font, followed by 'MONDAYS @ 1:30 PM' in a purple, sans-serif font. At the bottom right, the website 'WWW.LAVENDERLANEPTW.CA' is written in a small, purple, sans-serif font.

**Kundalini
Yoga**

Join Us
**MONDAYS
@ 1:30 PM**

WWW.LAVENDERLANEPTW.CA

Pilates Classes Return
Mondays Jan 5 at 4 pm
Wednesdays Jan 7 at 10 am

Pilates Class

- ✓ Six (6) week classes
- ✓ Wednesdays (10-11 AM)
Starting September 7
- ✓ Mondays (4-5 pm)
Starting January 5
- ✓ \$150 + HST

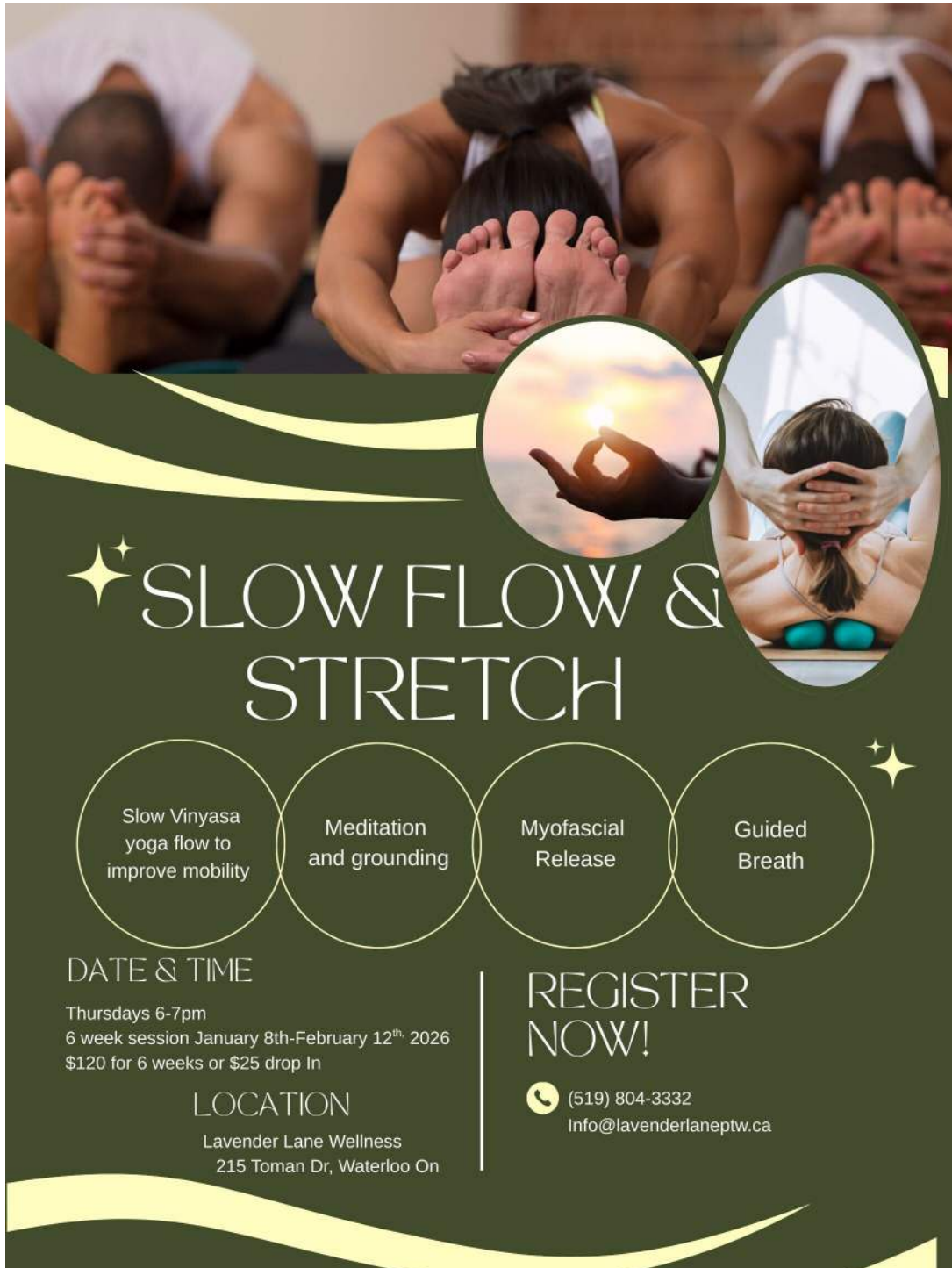
Register Now

1-519-804-3332
www.lavenderlanepw.ca


LAVENDER LANE
WELLNESS CENTRE



Slow Flow and Stretch
Thursdays at 6 pm
\$120 for 6 weeks or \$25 drop in



✦ **SLOW FLOW & STRETCH**

Slow Vinyasa
yoga flow to
improve mobility

Meditation
and grounding

Myofascial
Release

Guided
Breath ✦

DATE & TIME
Thursdays 6-7pm
6 week session January 8th-February 12th, 2026
\$120 for 6 weeks or \$25 drop in

LOCATION
Lavender Lane Wellness
215 Toman Dr, Waterloo On

REGISTER NOW!

☎ (519) 804-3332
Info@lavenderlanepw.ca

Saturdays starting Jan 10
9:30 am Releasing pain thru flow
11:30 am Alchemy of Ease from pain to power

QI GONG

Releasing Pain Through Flow: A QiGong Series

Releasing Pain Through Flow: A 4-Week
QiGong Series

If you've been carrying pain—physical, emotional, or stress-induced—this gentle 4-week QiGong journey offers a grounded, accessible path back to flow. Through mindful movement, breathwork, and guided inner awareness, you'll learn how to soften the body's holding patterns and reconnect with your natural capacity for healing.

Starts Jan 10 - 9:30 am



Alchemy of Ease: From Pain to Power

A 4-week mind-body program to help you transform pain, stress, and emotional overwhelm into grounded personal power.

Through somatic flow, breathwork, meditation, and practical tools like trigger awareness, stress-management techniques, and healthy boundary setting, you'll learn how to move from survival mode into ease.

Starts Jan 10 - 11:30 am

FREE COMMUNITY EVENT

Friday January 16 at 7 pm



FREE

Friday Jan 16 at 7 pm

**BREATHE HEAL
SHARE CIRCLE**

FREE Join us for **Breathe Heal and Share**, a monthly healing circle facilitated by Lynn and Brian. This welcoming and inclusive event is a sanctuary where you can simply be yourself, take a deep breath, and explore the healing process with others.

WWW.LAVENDERLANEPTW.CA

Portraits of Lynn and Brian are located at the bottom left and right of the poster respectively.

Resonance Circle - Soundbath



Tickets at intuned.ca

Exploring Wellness January 20 from 6 to 9 pm

**Reiki - Neurofeedback - Osteopathy
Limited spots available**



**Attention Reiki Practitioners
of all levels and lineages
This is for YOU!
(Jan 21 - 6 pm)**



MONTHLY REIKI SHARE

**FOR
PRACTITIONERS**



BRIAN BANKS

Reiki Master/Teacher

\$25

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

VERY SPECIAL EVENT

The Slow Exhale: A Live Ambient Restorative Journey

Guided by : Sapphira Waltbauer
Live music by: Hymns57

Join us for a sensory rich experience designed to calm your nervous system and soften your edges. This immersive workshop blends gentle restorative yoga, intentional guided breath work and a live ambient soundscape crafted to support deep release. Move less, feel more and sink deep. Leave feeling grounded, open, and held by stillness.

- Guided breath work
- Somatic movement
- Restorative yoga
- Live ambient music



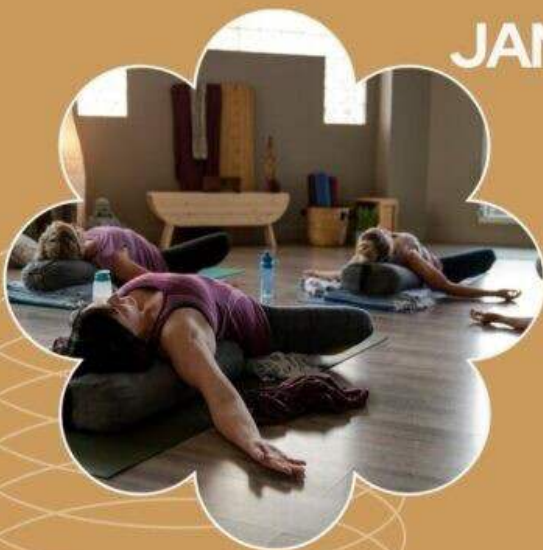
**FRIDAY
JANUARY 23, 2026
7-9PM**

*REGISTER BY JAN 1ST AND SAVE \$10
\$65 PER PERSON
\$75 AFTER JAN 1ST

LAVENDER LANE WELLNESS
215 TOMAN DR, WATERLOO ON

TO REGISTER EMAIL:
INFO@LAVENDERLANEPTW.CA

OR (519) 804-3332



Exploring Oracle Cards Workshop
January 25 at 9:30 am
Students receive a 20% discount on
Oracle Cards at Lavender Lane



The poster features a purple background with white and yellow text. At the top center is the Lavender Lane Wellness Centre logo, which includes a stylized green leaf and the text "LAVENDER LANE WELLNESS CENTRE". Below the logo, the title "Exploring Oracle Cards Workshop" is written in large, bold, white letters. Underneath the title, the phrase "to hone your intuitive skills" is written in a smaller, white, italicized font. On the right side, there is a circular portrait of a woman with brown hair and glasses, wearing a floral patterned top. Below the portrait, a yellow box contains the text "Reader/Teacher Lynn". On the left side, there are two yellow icons: a calendar icon followed by the text "25 January, 2026" and a clock icon followed by the text "At 09.30 AM". Below these, a yellow button with the text "REGISTER NOW" is visible. In the bottom left corner, there is a yellow box containing a phone icon and the number "519-804-3332". In the bottom right corner, there is a yellow box containing a globe icon and the website "www.lavenderlanepw.ca". In the bottom center, there is a stack of oracle cards with various illustrations. In the bottom right corner, there is a small image of a book titled "STARGAZING" with a starry night sky cover.

LAVENDER LANE
WELLNESS CENTRE

Exploring Oracle Cards Workshop

to hone your intuitive skills

 **25 January, 2026**

 **At 09.30 AM**

REGISTER NOW

**Reader/Teacher
Lynn**

 **519-804-3332**

 **www.lavenderlanepw.ca**

***NEW* option**



**The Forgiveness & Flow
Reiki Experience**

“Healing through love, light, and sacred release.”
Release emotional heaviness, dissolve old patterns, and
reconnect with inner peace through a gentle
combination of Ho’oponopono and Reiki.

Book your session today and gift your heart the care it
deserves.



The Forgiveness & Flow Reiki Experience 60 min - \$85.00

A gentle fusion of Ho’oponopono and Reiki designed to support emotional release, forgiveness, and deep energetic harmony. This session clears emotional blockages, calms the nervous system, and guides you back to inner peace. Perfect for anyone seeking clarity, renewal, or a sacred reset.
Cost: \$85 or 3 sessions for \$219

Curious if this is for you?



The graphic features a yellow background. At the top center is the Lavender Lane Wellness Centre logo, which includes a stylized green leaf and the text "LAVENDER LANE WELLNESS CENTRE". Below the logo, the text "Free Consultation" is written in a large, elegant script font, with "Free" in black and "Consultation" in green. To the left of this text is a large smartphone displaying a portrait of a woman with curly hair. Below the smartphone is a purple banner with the word "OSTEOPATHY" in white. To the right of the "Free Consultation" text is a block of text: "Book a FREE Consultation with one of our practitioners to understand how they can best help you." Below this text is a green banner with the text "RESERVE YOUR SESSION TODAY" in white. At the bottom of the graphic are four smaller smartphones, each displaying a portrait of a practitioner. Below each smartphone is a colored banner with the practitioner's name and specialty: "EMOTIONAL FREEDOM TECHNIQUES" (purple), "COUNSELLING" (purple), "SOMATIC COACHING" (purple), and "HYPNOTHERAPY" (purple).

LAVENDER LANE
WELLNESS CENTRE

Free
Consultation

Book a **FREE** Consultation with one of
our practitioners to understand how
they can best help you.

RESERVE YOUR SESSION TODAY

OSTEOPATHY

**EMOTIONAL
FREEDOM
TECHNIQUES**

COUNSELLING

**SOMATIC
COACHING**

HYPNOTHERAPY