

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**

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.lavenderlanepwtw.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





Resonance Circle - Soundbath



Tickets at intuned.ca

Exploring Wellness January 20 from 6 to 9 pm

Reiki - Neurofeedback - Osteopathy
Limited spots available

LAVENDER LANE
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Exploring Wellness

**January 20
6 to 9 pm**

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



LAVENDER LANE
WELLNESS CENTRE

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

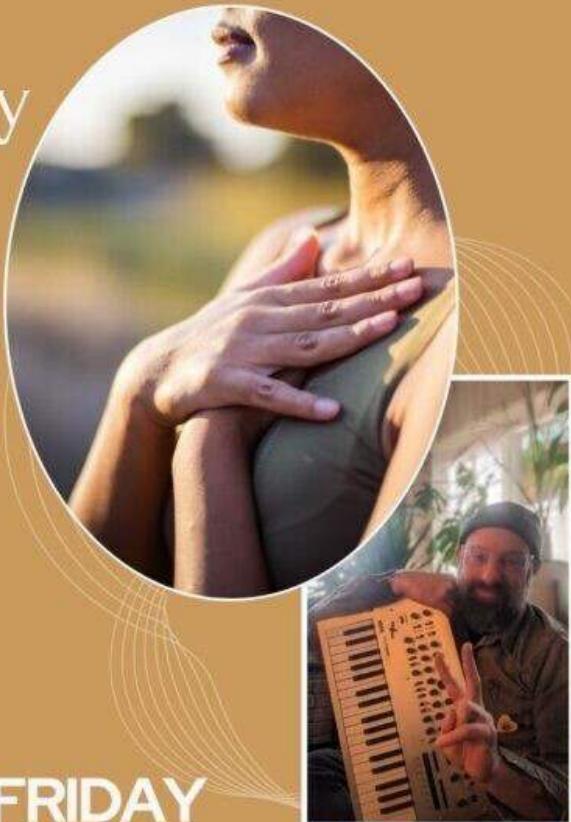
VERY SPECIAL EVENT

The Slow Exhale: A Live Ambient Restorative Journey

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.

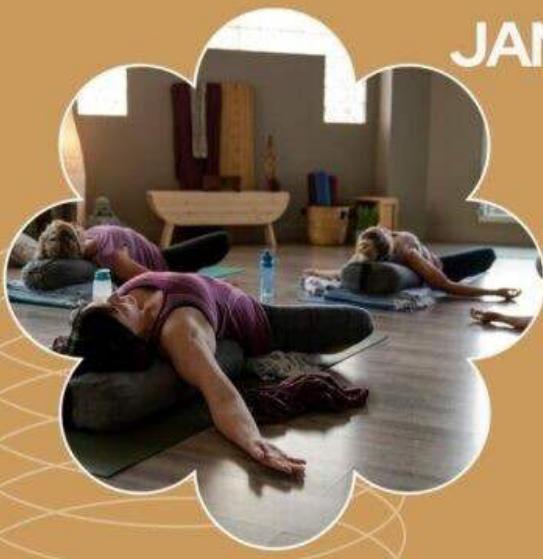
- Guided breath work
- Somatic movement
- Restorative yoga
- Live ambient music

Guided by: Sapphira Waltbauer
Live music by: Hymns57



**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**



**Exploring
Oracle
Cards
Workshop**

*to hone your
intuitive skills*

25 January, 2026

At 09.30 AM

REGISTER NOW

**Reader/Teacher
Lynn**

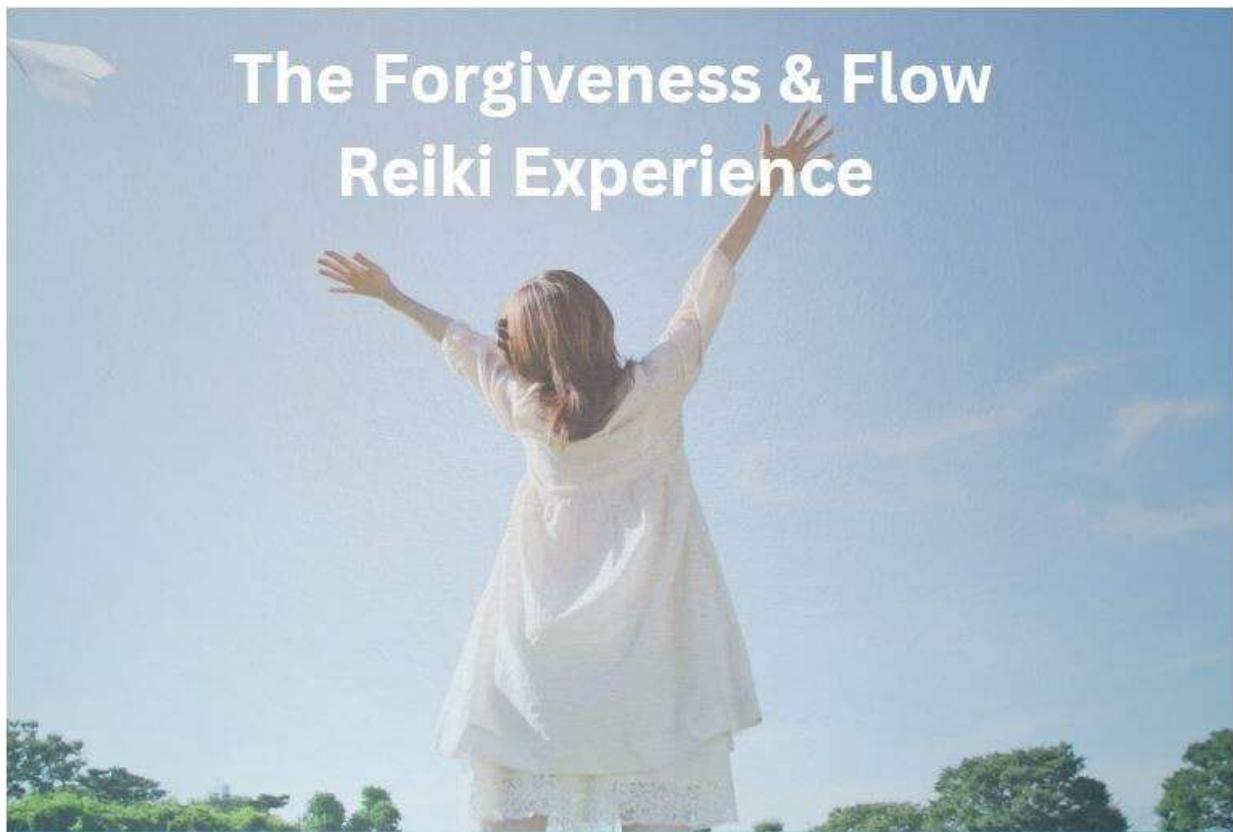
519-804-3332

www.lavenderlanepw.ca

STARSEED Oracle Cards

The image is a promotional poster for an Oracle Cards Workshop. It features a purple background with white and yellow text. At the top is the Lavender Lane Wellness Centre logo. The main title 'Exploring Oracle Cards Workshop' is in large, bold, purple letters. Below it, in a smaller purple font, is the tagline 'to hone your intuitive skills'. To the right is a yellow circular portrait of a woman with glasses and brown hair, identified as 'Reader/Teacher Lynn'. Below the portrait is a yellow button with the text 'REGISTER NOW'. To the left of the portrait are two yellow circular icons: one with a calendar and the date '25 January, 2026', and another with a clock and the time 'At 09.30 AM'. At the bottom are the contact number '519-804-3332' and the website 'www.lavenderlanepw.ca'. There are also images of Oracle card decks: 'STARSEED Oracle Cards' and 'LAVENDER LANE Oracle Cards'.

***NEW* option**



“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 image is a promotional graphic for Lavender Lane Wellness Centre. At the top, the center's logo is displayed, featuring a stylized green leaf and the text 'LAVENDER LANE WELLNESS CENTRE'. Below the logo, a large smartphone is shown displaying a portrait of a woman with curly hair. A purple banner across the phone screen reads 'OSTEOPATHY'. To the right of the phone, the words 'Free Consultation' are written in a large, cursive, green font. Below this, a green rectangular button contains the text 'RESERVE YOUR SESSION TODAY'. At the bottom of the image, there are four smaller smartphone screens, each showing a different practitioner: a woman for 'EMOTIONAL FREEDOM TECHNIQUES', a woman for 'COUNSELLING', a woman for 'SOMATIC COACHING', and a man for 'HYPNOTHERAPY'. Each practitioner is accompanied by a purple banner with their respective service name.

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