



May Newsletter



May Newsletter

Welcome to May at Lavender Lane Wellness Centre

Dear Friends,

May brings a beautiful sense of renewal, growth, and inspiration, and we are excited to welcome you into another month of healing, creativity, and community at Lavender Lane.

As the gardens bloom around us, we invite you to take time to reconnect with yourself and explore the many experiences we have planned this month. Join us for a variety of offerings including our ongoing Yoga classes, restorative Sound Baths, and our creative Angel Wing Resin Art Class.

This month also features our heartfelt Sacred Gathering: Wisdom, Channeling & Presence, a free community evening with Lynn & Brian. Together we will explore deeper connection, reflection, and spiritual insight in a welcoming and supportive space. As always, we continue to offer our Monthly Reiki Share for practitioners and our Exploring Wellness community evening

We look forward to sharing this beautiful season with you.

Thank you for being part of the Lavender Lane community.

With gratitude,

Christine

Lavender Lane Wellness Centre





Osteopathic Manual Practitioner (DOMP), Reiki Practitioner (Level 1)

Matthew is a passionate Osteopathic Manual Practitioner who understands the value of feeling like the practitioner is on your side. Growing up as an athlete, Matthew has had his fair share of concussions, motor vehicle accidents, and musculoskeletal injuries. He has experienced how difficult it is to find help that actually brings sustained relief, and he has personally experienced how “one size” does not fit all when it comes to treatment and recovery.

Matthew majored in philosophy, where he learned the physical benefits of living a life of passion and joy. This kickstarted his path to understanding the vitality of the soul and its correlation with physical and emotional duress. Upon finishing his undergraduate degree and graduating firefighting college with injuries, Matthew was drawn to pursue another passion that gave him his quality of life back – Osteopathy. He attended the world’s largest Osteopathic school, the National Academy of Osteopathy, graduating with distinction.

Matthew is a passionate practitioner who is confident that he can help move you in the right direction toward a pain-free, high-quality of life!

Kundalini Yoga

Mondays at 1:30 pm



Kundalini Classes always includes options.

WWW.LAVENDERLANEPTW.CA

Kundalini Yoga Classes

LAVENDER LANE WELLNESS

All ages.
All levels.

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

Rest and Restore Yoga

Thursdays at 6pm

REST AND RESTORE

YOGA CLASS

Creating space to slow down

- ✓ Rest & Reflect
- ✓ supported postures and mindfulness
- ✓ Promote deep relaxation
- ✓ Restore balance both body and mind

Thursday Evenings 6-7pm
April 2nd-May 21st, 2026
\$25 drop in
Or 8 week session \$160

Lead by:
Sapphira Waltbauer
200 RYT, RMT

BOOK NOW: www.lavenderlaneptw.ca

WORKSHOP
A DAY TO PAUSE, BREATHE, AND
GENTLY RESET YOUR MIND
MAY 8, 2026

DEEP MIND
RESET EXPERIENCE

9:30 am to 2:30 pm
@Lavender Lane Wellness Centre
WATERLOO

Who This Is For— This experience is perfect for you if:

You've been feeling overwhelmed or mentally busy. You're always "on" and rarely pause. You want a reset without needing to escape your life. You're open to trying something gentle, yet powerful. You're ready to feel more calm, clear, and grounded. Event Details: The Deep Mind Reset Experience is a one-day hypnosis workshop in Waterloo designed to help you relax deeply, release stress, and reset your mind. May 8, 2026, 9:30 AM – 2:30 PM



*Resin Art
Class*

**LEARN TO MAKE
THIS ANGEL WING HEART**

- LEARN THE ART OF RESIN CASTING
- ALL MATERIALS INCLUDED
- RECEIVE YOUR OWN MOLD TO KEEP
- LEARN HOW TO USE INTERPRETIVE COLORING

SATURDAY MAY 9
1.00 PM - 4.00 PM

\$75
/PERSON

REGISTER NOW

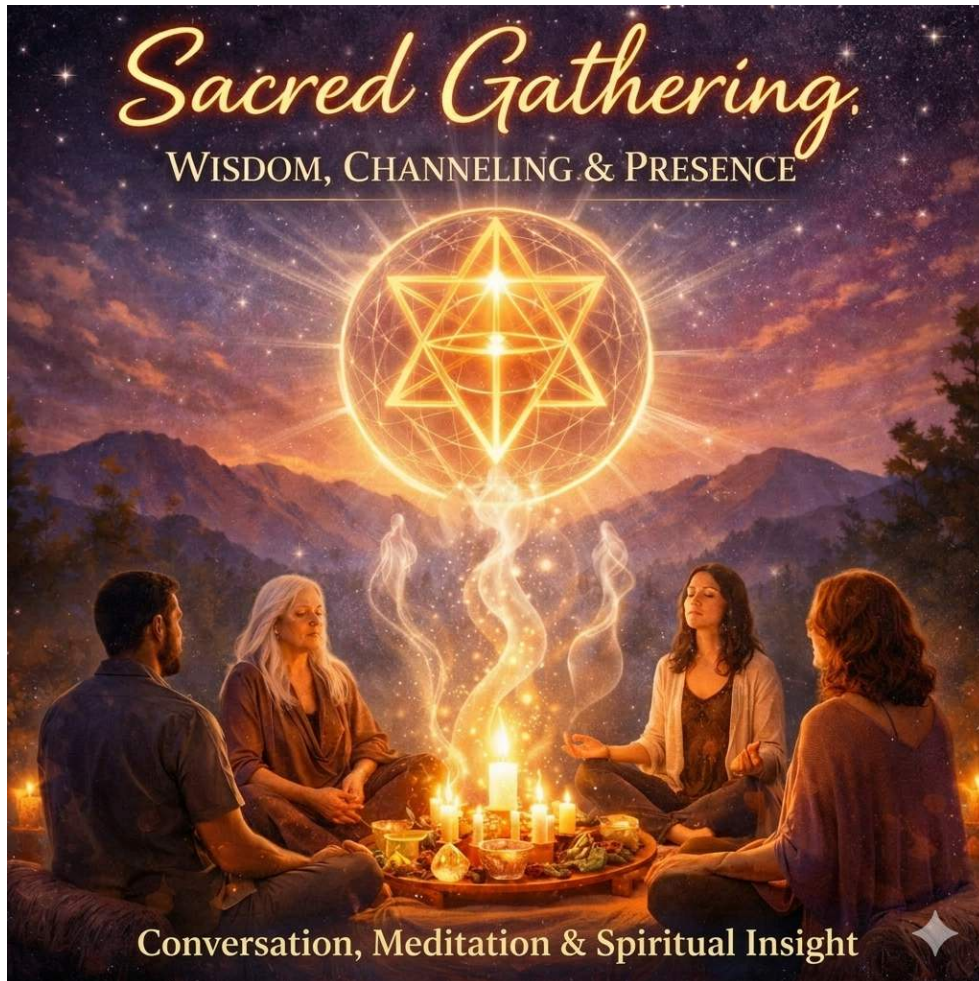
The poster features a large, heart-shaped resin casting with intricate angel wings, set against a light blue and green gradient background. The text is in a mix of elegant cursive and bold sans-serif fonts. There are decorative starburst graphics at the top and bottom of the central text area.

Sacred Gathering: Wisdom, Channeling & Presence

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A Free Community Gathering with Lynn & Brian

There are moments when something deeper calls... A quiet pull toward understanding, connection, and truth beyond the surface of everyday life. This gathering is an invitation into that space. Join Lynn and Brian for a powerful and heart-centred evening of exploration, where conversation, meditation, and spiritual insight come together in a safe and supportive container.



May 22 at 7 pm

Lavender Lane Wellness Centre

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Join us at Lavender Lane Wellness Centre for a Reiki share— May 22 at 1 pma welcoming and supportive gathering where practitioners come together to give and receive healing energy.

This is more than just a practice session; it's a space to connect, learn, and grow within a community of like-minded healers.

Open to all who have completed at least Reiki Level I. Beginners and seasoned practitioners alike are welcome to participate, learn, and share. Come with an open heart, a willingness to learn, and leave feeling connected, inspired, and energized.



With
Brian Banks

[Register online](#)

Exploring Wellness May 26 * 5:00 pm – 9:00 pm

Are you ready to dive into a world of wellness and rejuvenation? Join us at our Exploring Wellness event and unlock a new level of holistic health and fun! Whether you're seeking relaxation, clarity, or just a new experience, our event offers something for everyone.

Brian – Reiki & Energy Sampler 30 min – \$40.00 Reiki & Energy Sampler Book Now

VICTORIA- Manual osteopathy helps restore the normal function of the body by treating the causes of pain that may be the result of illness, injury, or stress of daily living.



Shannon – Energy Grid readings are incredibly helpful to understand who we truly are. What does our actual “blueprint” look like? Who were we before we were influenced by our parents, our society, and the experiences in our lives? Understanding who we naturally are brings us so much peace because we stop trying to be who we think we are supposed to be. We can rest easy in our actual design and grow and expand from there.

***** KATHY ALSO NOW OFFERING Reflexology
Facial Reflexology Foot Reflexology**



Secret Garden Grazing Masterclass

Your \$120 (+HST) Ticket Includes:

Design: A 90-minute masterclass in artisanal box styling.

Curate: Work with premium cheeses, charcuterie, and seasonal spring pairings.

Refresh: Enjoy curated light bites and sips while you create.

Capture: Access a custom "Secret Garden" floral installation by @nuas.decor.

Gift: Take home an exclusive Marycuterie goodie bag.

Saturday, May 30 | 4:00 PM
Lavender Lane Wellness Centre

Register at marycuterie.com/Masterclasses

Use Code: **Graze10** for 10% off

@marycuterie

Sunday May 31



restorative circle · gong-led yogic rest

Sunday, May 31 ·
2:00–3:00 p.m.



Release & Reset · Spring Sound Bath

Sunday, May 31 ·
5:00–6:30 p.m.

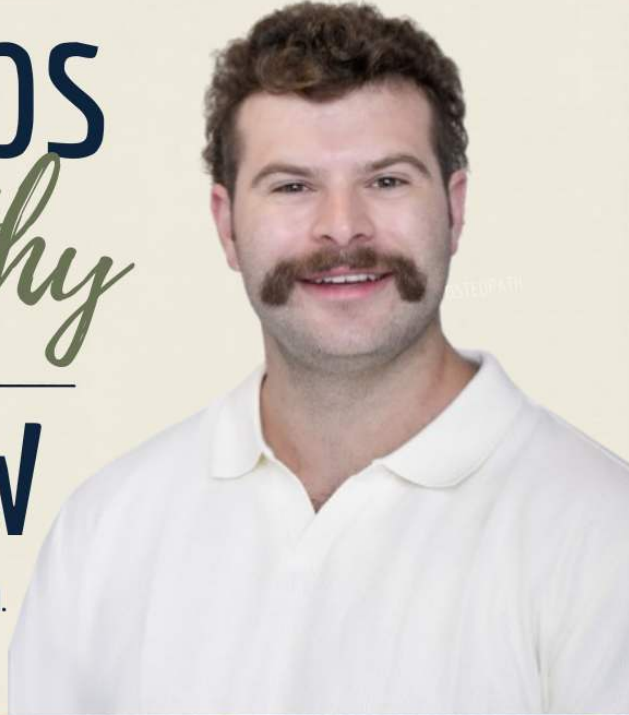


BOOK NOW

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MATTHEW



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must be booked first.



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to help you feel
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/PACKAGE



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tension relief



Improved
mobility & posture



Stress
reduction



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balance & recovery



INVEST IN YOUR HEALTH AND WELLNESS.

Appointments begin May 11!

BOOK YOUR PACKAGE TODAY.



LAVENDER LANE
WELLNESS CENTRE

WHOLE-BODY CARE. NATURALLY.



BREATHWORK

HEALING THROUGH BREATH

Individual Breath Work Session In a guided breathwork session, each session is tailored specifically to your unique, emotional, physical and energetic needs. You will embark on a deeply introspective journey where the breath becomes a tool for healing, balance and self discovery.

