



# This Week at the Center

## *At Mastering The Soul*

7021 Wyandotte St.E

This week at Mastering the Soul, we want to remind you about one of the ways we support you when your body needs attention sooner rather than later.

Our weekly Emergency Quick Fix Sessions with Michael Colarossi are designed specifically for those moments when tension flares up and waiting for a full hour massage simply isn't realistic.

These focused sessions target one specific area of tension or discomfort and are intended to provide fast, effective relief. They're not meant to replace your full session — they exist so you don't have to wait months when something feels urgent.

We open these appointments every week to make sure you have access to support when you need it most.

### **This week's availability:**

- **March 3<sup>rd</sup>:** 3:30 - 5:00 p.m.
- **March 7<sup>th</sup>:** 12:00 - 1:30 p.m.

### **Special Session:**

- **Sunday, March 8<sup>th</sup>:** 10:00 a.m. - 12:30 a.m.

In addition, April's schedule is officially open as of today. If you've been planning to book a full massage with Michael or a chart session with Michael and Shauna, now is the time to secure your spot before the calendar fills!

## **Welcome Denise Turner!**

We're so honoured to welcome Denise Turner to the Mastering the Soul space. Denise is a **Holistic Grief Coach and Therapeutic Art Practitioner** who brings a deeply compassionate, trauma-informed approach to healing. Her work gently integrates mind, body, and spirit — creating space to rediscover inner strength and peace as she guides you through your individual journey of grief. She uses a combination of personalized grief coaching, peer circles, and transformative art sessions.

Denise will be holding permanent office space with us, and we couldn't be happier to have her as part of our Mastering the Soul family. You can learn more about her work and book with her directly at:

**<https://lighthousegriefcoaching.ca/>**

Please join us in giving Denise the warmest welcome, and if this calls to you, please book your appointment with her and allow her gentle energy to hold the space you need held.

# Happenings at Mastering the Soul

## Tracey Dawson – March 8 & March 18

Tracey Dawson, certified Usui Reiki Master and Indie Head Massage specialist, will be in the office on **Sunday, March 8** and again on the **evening of March 18**.

Her sessions are gentle, grounding, and deeply soothing – the perfect reset for your nervous system.

Book your session here:

**Love, Light and Hope Healing**



## Tovah's Monthly Meditations Begin in March

We're so excited that Tovah, our Body Worker and Intuitive Healer, is beginning her monthly meditation gatherings right here at Mastering the Soul.

This month she is running two separate classes, focusing on taking small, aligned steps toward the life you truly want to live, – getting radically honest about what you do and do not want, and learning how to truly show up for yourself. After all... who better to help create the life you want than you? And the second focuses on intentional breathwork, more details to come for the next meditation night.

Each gathering includes somatic movement, somatic breathwork, mindfulness, and guided imagery

### **Details:**

**Cost:** \$30

**Where:** Mastering The Soul (7021 Wyandotte St E)

**When:** March 9, 6:30pm

**What to bring:** Water, journal, pen, yoga mat, eye mask, pillow, and blanket

Classes are intentionally small and intimate. Visit this link for more information and to register early to secure your place:

**<https://forms.gle/42EolyZFUACv1vnC9>**

Tovah's one on one sessions for tarot and body healing sessions can be booked directly on the mastering the soul webpage **[www.masteringthesoul.ca](http://www.masteringthesoul.ca)**



## Kathleen Murphy – Watch for what Saturdays she'll be in the space

Kathleen Murphy will be with us for a few Saturdays this month offering her beautiful services including Access Bars®, Body Processes, and Energetic Facelift. She is truly a gem to share space with.

Appointments fill quickly, so don't wait to book.

Call **519-981-6963** to reserve your session.

## Complimentary Services to Enhance Your Healing

Looking for the perfect balance to **Michael's deep tissue sessions**? While Michael's work is powerful, targeted, and incredibly effective at releasing tension and realigning your body, sometimes we all need a gentler, restorative experience to complement it.

That's where **Kelly Joy Lyons (Reflexology, reiki, hot stone massage)** and **Tovah (Indie Head Massage, Thai Massage, and Jade Stone Massage)** come in. These treatments are soothing, grounding, and restorative, helping your body, mind, and spirit integrate the deeper work while leaving you feeling relaxed, refreshed, and rejuvenated.



## Why Book Them?

**Kelly's Reflexology and reiki:** Melt away tension, improve circulation, and deeply relax your feet – the foundation of your wellbeing.

**Tovah's Massage Offerings:** Indie Head, Lomi Lomi, Thai yoga, or Jade hot Stone Massage to restore energy flow, ease stress, and bring deep calm to your whole system.

Whether you've just had a powerful session with Michael or simply want to take a moment to nurture yourself, these treatments are the perfect counterbalance – leaving you lighter, aligned, and completely supported. Spaces are limited, so treat yourself today and book a session on our website with these practitioners to feel fully restored!



## Spotlight on Ivanna

Ivanna, our Esthetician specializing in advanced foot care, brings over 35 years of experience caring for both men and women dealing with ingrown toenails, thick or difficult nails, corns, hard callouses, and diabetic foot concerns.

Her treatment pedicures are extremely thorough (about 1½ hours) because proper care should never be rushed. Ivanna uses medical-grade disinfectant and fully sterilized instruments for every client, and each person receives their own personal file to ensure safe, professional, individualized care.

To book with Ivanna, call **519-992-1363** or leave a message at **519-256-1410**.

# March Collective

## March Soul Perk Cards!

During March, we'll be rolling out our **Collective Soul Perk Cards!**

These cards are designed to encourage you to experience the beautiful range of support available within our Centre. Each time you receive a treatment from **two separate practitioners** at Mastering the Soul, you'll earn a special perk — **\$20 off a dual session with Michael and Shauna.**

It's our way of promoting collaborative healing and celebrating the power of shared space and shared intention, collaboration fuels the soul- stickers seal the deal! So don't forget to mention the soul perk cards after your sessions.

Not only do you get a perk point for our every day practitioners like:

- **Kelly Joy Lyons** - Soleful Joy Healing
- **Dion Roberts** - Roots to Radiance
- **Tamilynn** - sensuality coach (coachtamilynn@sensualitycoachclinic.com)
- **Denise Turner**- grief and art therapy coach
- **Ivana Glasmann**- Footcare with Ivana

**BUT** it also applies to all of our wonderful pop-in faces as well.

So come on in. Check out our newsletters. Follow our Facebook page for daily updates and details about what's happening in the Centre.

<https://www.facebook.com/share/1C7TDQYUyM/>

**We can't wait to see you!!** 🤍 ✨

### ✨ Equinox Intuitive Tarot Class

As we step into the powerful shift of the Spring Equinox, Michael and Shauna will be guiding special Intuitive Tarot Classes beginning March 21. These classes will invite you to deepen your connection to your intuition, align with the turning of the seasons, and explore the wisdom of tarot as a tool for insight, reflection, and soul guidance.

This class is beginner-friendly and open to all levels, whether you are just beginning your tarot journey or looking to deepen an existing practice. Stay tuned for more information

A huge thank you to all of our wonderful clients for your continued support, and especially to our incredible practitioners for sharing their gifts and energy in this space- we couldn't do it without you!

