

JUNE AT MASTERING THE SOUL

REST • REALIGNMENT • RENEWAL

THIS MONTH AT MASTERING THE SOUL OUR CORE THEME IS
COMING BACK INTO YOURSELF.

WHETHER IT'S THROUGH DEEP REST, NERVOUS SYSTEM SUPPORT, BODYWORK, OR
ENERGETIC ALIGNMENT – JUNE IS OPENING A SERIES OF EXPERIENCES DESIGNED TO
HELP YOU SLOW DOWN, RESET, AND RECONNECT WITH WHAT YOUR SYSTEM HAS BEEN
ASKING FOR

INTRODUCING : THE LIGHT SYSTEM CHAIR



Bookings are officially open for the new Light System Chair!!!

This system is designed to support relaxation, nervous system reset, grounding, and clarity. It offers an immersive light and frequency experience in a calm, restorative environment.

Before your session, you are invited to choose your own intention and frequency setting, allowing you to personalize the experience based on what your body, mind, or energy feels it needs most that day.

Every experience is unique!

Some people leave feeling deeply rested and calm, some experience emotional release, while others feel clarity and more alert.

Because each session can feel different depending on your state going in, we are offering package options to support ongoing integration and deeper benefits over time!

SESSION PRICING

- Single 60-Minute Session
\$99+hst
- Child and youth Sessions (under 18)
\$55+hst

[book here today!](#)

Monthly Bundles

- 4 Sessions Monthly – \$333+hst
- 6 Sessions Monthly – \$444+hst

THESE BUNDLES ARE SHAREABLE
WITH YOUR FAMILY AND FRIENDS

Additional package options and customized experiences are also available upon inquiry!

CLICK HERE FOR MORE INFORMATION

A Little Appreciation Goes a Long Way

Special June Offers from Soleful Joy Healing

To honour the people who spend their days holding, supporting, teaching, and caring for others, Kelly is offering a special appreciation this June.

\$15 OFF ANY REFLEXOLOGY OR REIKI TREATMENT FOR:

• TEACHERS, ECES, EA'S

NURSES, CHILDCARE WORKERS, CAREGIVERS

A LITTLE SELF-CARE FOR THOSE WHO GIVE SO MUCH., OR TAKE ADVANTAGE OF HER
END-OF-YEAR THANK YOU GIFT CERTIFICATES

PAY \$30 AND RECEIVE A \$40 GIFT CERTIFICATE

A THOUGHTFUL WAY TO SAY THANK YOU, CELEBRATE A MILESTONE, OR OFFER SOMEONE THE GIFT
OF REST AND RENEWAL.

• VALID UNTIL AUGUST 31, 2026

• ONE PROMOTIONAL GIFT CERTIFICATE PER PERSON
TO PURCHASE A GIFT CERTIFICATE OR BOOK CONTACT
SOLEFUL JOY HEALING

226-346-8982

[ONLINE HERE](#)



Expanding Our Circle of Support

One of the things we are most excited about as our community continues to grow is the opportunity to bring new forms of healing, education, and support into the center. **Over the coming months, Dr. Denis Marier ND, MA will be introducing a variety of workshops, support groups, and educational programs designed to help people navigate some of life's most meaningful and challenging experiences.**

Programs currently being developed include:

- Taking Care of the Caregiver (for both professionals and family caregivers)
 - Men's Trauma & Resilience Groups
- Inherited Trauma & Family Healing Workshops
 - End-of-Life Support and Education
- Mind-Body Stress Reduction Programs

What excites us most is how naturally these offerings align with the vision of Mastering the Soul.

We have always believed that healing happens in community, and that support should be available not only when we are in crisis, but also while we are learning, growing, and moving through life's transitions.

As we continue creating a space where mind, body, and spirit are all welcomed into the healing journey, these programs will offer new opportunities for connection, understanding, and personal growth.

Watch for upcoming announcements, registration details, and a special spotlight on Denis later this month as we share more about the experience, wisdom, and heart behind the work he brings to our community. In the meantime private sessions with Dr. Denis ND, MA can be [booked online](#)

The Lens Behind Mastering the Soul

WHEN MICHAEL AND I FIRST STEPPED INTO WHAT WOULD BECOME MASTERING THE SOUL, IT WASN'T SOMETHING WE HAD FULLY PLANNED OUT. IT UNFOLDED ORGANICALLY AS WE WENT — SHAPED BY THE PEOPLE WE WERE WORKING WITH AND THE GROWING NEED FOR A SPACE THAT FELT MORE CONNECTED AND SUPPORTIVE. IT WASN'T ABOUT OFFERING SERVICES JUST TO OFFER THEM. IT WAS ABOUT CREATING A SPACE ROOTED IN CONNECTION — WHERE PEOPLE COULD COME EXACTLY AS THEY ARE, AND WHERE PRACTITIONERS COULD DO MEANINGFUL WORK IN A WAY THAT FEELS SUPPORTED, ALIVE, AND ALIGNED.

SINCE OPENING OUR DOORS IN JANUARY, ONE OF THE THINGS WE'VE HEARD MOST OFTEN IS THAT THERE IS SOMETHING DIFFERENT ABOUT WHAT WE'RE CREATING HERE. THE TRUTH IS, THAT DIFFERENCE DIDN'T HAPPEN BY ACCIDENT.

THAT CURIOSITY DIDN'T COME FROM THEORY ALONE — IT WAS SHAPED THROUGH LIVED EXPERIENCE. RELATIONSHIPS, SEPARATIONS, RECONNECTIONS, AND THE KINDS OF LIFE EXPERIENCES THAT INVITE YOU TO REALLY LOOK AT YOUR OWN PATTERNS, YOUR REACTIONS, AND THE WAY YOU SHOW UP WITH OTHERS, AND BE ACCOUNTABLE AND AWARE OF THEM. WE DIDN'T JUST STUDY HUMAN BEHAVIOUR, RELATIONSHIP DYNAMICS, AND EMOTIONAL CONDITIONING — WE WERE LIVING INSIDE OF IT, TRYING TO UNDERSTAND OUR OWN EXPERIENCES THROUGH IT. WHY CERTAIN THINGS WORKED, WHY OTHERS DIDN'T, AND WHAT WAS ACTUALLY HAPPENING BENEATH THE SURFACE IN OURSELVES AND IN RELATIONSHIPS. THROUGH THAT PROCESS, WE EXPLORED A VARIETY OF FRAMEWORKS INCLUDING ASTROLOGY, SHADOW WORK, NERVOUS SYSTEM AWARENESS, HUMAN DESIGN, AND GENE KEYS. OVER TIME, THESE BECAME MORE THAN THINGS WE STUDIED. THEY BECAME THE LENS THROUGH WHICH WE SEE AND ENGAGE WITH THE WORLD AROUND US.

THIS WORKSHOP SERIES IS AN INVITATION INTO THAT SAME LENS.

TOGETHER, WE'LL EXPLORE WHAT IS REALLY HAPPENING BENEATH THE SURFACE OF OUR INTERACTIONS — WHY CERTAIN PEOPLE FEEL SAFE WHILE OTHERS FEEL ACTIVATING, WHY PATTERNS REPEAT IN RELATIONSHIPS, FRIENDSHIPS, FAMILIES, AND WORKPLACES, AND HOW EMOTIONAL CONDITIONING, COMMUNICATION STYLES, AND UNCONSCIOUS PATTERNS SHAPE THE WAY WE EXPERIENCE OUR EVERYDAY LIVES. IF YOU'VE EVER FOUND YOURSELF WONDERING WHY RELATIONSHIPS UNFOLD THE WAY THEY DO, WHY CERTAIN DYNAMICS KEEP REPEATING, OR WHY SOME CONNECTIONS FEEL INSTANTLY FAMILIAR, THIS SERIES WAS CREATED FOR YOU. THIS WORKSHOP IS HALF FULL SO RESERVE YOUR SPACE TODAY!

JUNE 21 | JUNE 28 | JULY 12

1:00 PM – 4:00 PM

FULL DETAILS, REGISTRATION INFORMATION, AND ALL OF OUR LATEST UPDATES INCLUDING MICHAELS JULY SCHEDULE CAN BE FOUND AT

WWW.MASTERINGTHESOUL.CA