

THERE IS SOMETHING A LITTLE MAGICAL ABOUT SEPTEMBER.....

THE FINAL WARMTH OF SUMMER LINGERS, PUMPKIN SPICE BEGINS APPEARING EVERYWHERE, AND SUDDENLY OUR CALENDARS ARE FILLING WITH SCHOOL SCHEDULES, WORK ROUTINES AND ALL THE HUSTLE AND BUSTLE THAT COMES WITH FALL. AS LIFE SPEEDS UP AGAIN, SEPTEMBER IS ALSO A BEAUTIFUL REMINDER TO SLOW DOWN, RECONNECT WITH YOURSELF AND MAKE SPACE FOR THE CARE YOU NEED.

AND THIS SEPTEMBER IS BRINGING SOME INCREDIBLE NEW ENERGY INTO
MASTERING THE SOUL!



WELCOMING

**Vicki Lynn Foshay RN
Psychotherapist Owner of
Peaceful Presence**

Some seasons of life ask more of us than we know how to carry alone. We are honoured to welcome **Vicki Lynn Foshay, an RN Psychotherapist, Death Doula and owner of Peaceful Presence**, to Mastering the Soul.

Vicki offers a compassionate and grounded space where you can feel heard, supported and gently guided through life's more difficult chapters. Whether you are feeling overwhelmed, stuck, disconnected, or navigating a major transition, **she understands that reaching out for support is a brave and meaningful first step.**

Along with supporting emotional well-being and personal growth, **Vicki is experienced in walking alongside those navigating loss, grief, death and dying.** Through her combined experience as an **RN Psychotherapist and Death Doula**, she brings a unique depth of understanding to the tender and deeply personal experiences surrounding all walks of life. **Her work** is not about rushing you through what you are feeling. It **is about creating a safe place for you to process, better understand yourself and begin moving forward** in a way that honors your own timing.

Vicki offers in-person sessions at Mastering the Soul for the Windsor–Essex community, as well as virtual psychotherapy sessions throughout Ontario.

Whether you are seeking emotional support, moving through a major life transitions **Vicki offers a peaceful place to begin.**

Visit our website www.masteringthesoul.ca to see the full list of her offerings or schedule your 15 minute discovery call through our online booking app.

Book an appointment with Vicki

Some transformations arrive gently. Others shake the ground beneath us and ask us to become someone new.



At Mastering the Soul, this is more than something we believe—it is a reality we know firsthand, and it is the very foundation upon which Mastering the Soul was built. We understand what it means to move through the seasons that unravel who you thought you were, awaken something deeper within you and ask you to find meaning in the person you are becoming.

Now, we are bringing a new face into the centre to **help** you **understand** the deeper **purpose** behind these **transformations** and why certain seasons of your life may be unfolding the way they are.

Please join us in welcoming Mastering the Souls new astrologer and energy worker

Andrea Laub



Andrea Laub is an experienced astrologer and Reiki practitioner who brings an additional **astrological** and **energetic perspective** to the services offered at **Mastering the Soul**.

Through astrology consultations, Andrea helps clients explore the planetary transits currently influencing their chart and the themes connected to that particular season of life.

Her Reiki sessions provide a calming space to relax, restore energetic balance and support the natural flow of energy throughout the body.

Andrea also has a personal interest in shadow work, archetypal patterns and the energetic shifts that can accompany spiritual awakening. Her grounded approach makes astrology and energy work accessible to both experienced clients and those exploring these practices for the first time.

Andrea's focused astrology and Reiki offerings complement the deeper clarity, integration and personal exploration available within Mastering the Soul, giving clients another way to receive support based on what they need in the moment.

Andrea's appointments can be booked directly through the Mastering the Soul Jane app:

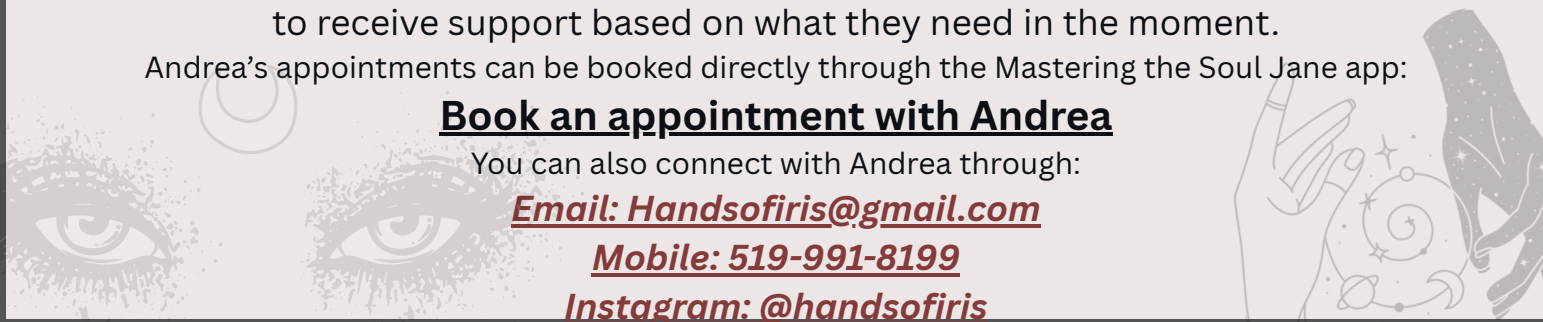
Book an appointment with Andrea

You can also connect with Andrea through:

Email: Handsofiris@gmail.com

Mobile: 519-991-8199

Instagram: [@handsofiris](https://www.instagram.com/handsofiris)



Fall Creativity & Gentle Healing with Denise

Fall Florals Paint Party

Denise's paint nights are returning for September! Join her for a cozy evening creating a beautiful autumn arrangement filled with pumpkins, rich florals and warm seasonal colours. **No experience is needed**—Denise will guide you step-by-step, and **all supplies are included**.

Thursday, September 24

6:30 p.m.

\$45 per easel

Adults only · Alcohol-free · Advance registration required

Reserve your easel -

e-transfer hello@positivelyart.ca.



Grief Coaching

Denise offers compassionate, non-clinical support for adultwomen navigating death, divorce, estrangement, relationship loss or a loss of identity. Sessions blend **supportive conversation, grief education, emotional processing and therapeutic art**—because your grief deserves to be witnessed.

Available in person at Mastering the Soul or virtually.

Rahanni Celestial Healing

Rahanni is a **gentle, heart-centred energy-healing practice** supporting relaxation, emotional balance and a greater sense of peace. It offers a nurturing space to slow down, reconnect and receive support. Book directly with Denise at

Where the Mind, Body & Soul Meet

Our **Clarity and Release Sessions** have become a very sought-after experiences at Mastering the Soul

They **combine** the deep-pressure **massage Michael is known for** with **Shauna's gentle touch** and **intuitive insight**. While Michael works intentionally with the areas the body has been bracing and holding, Shauna helps **uncover** and **support** the **emotions, experiences** and energetic patterns that begin to surface.

Shauna's history as a doula taught her how to hold steady, supportive space through **powerful transitions**. Without realizing it, that work was preparing her to become what we now call Michael's "**massage doula**"—supporting the emotional and energetic process while he works with the body in the way only he can.

Together, they create a **bridge between physical release and deeper understanding**, bringing the **mind, body and soul** into the same conversation

Our dual sessions are booking quickly and September is already at full capacity. **October appointments are officially open**, so if you have been curious about experiencing a session with both of us, book yours now before October fills up! **[Book through Jane](#)**



The Energy Of Your Soul Workshop

Our final Energy of Your Soul Workshop of 2026 is officially open for registration!

This three-part experience takes you inside **your unique energetic design** so you can understand how your energy naturally moves, **why certain patterns continue to appear** and how to work with **who you truly are** instead of constantly pushing against yourself. You will receive your own **personalized book** and spend two afternoons **exploring your energy**, natural decision-making, **life patterns, relationships** and the **gifts that make you uniquely you**. We turn complex information into something personal, meaningful and practical enough to use in your everyday life.

October 18 & October 25

12:00–3:00 p.m.

Sessions may run slightly over depending on class size.

\$300 per person · Light snacks included

A \$50 deposit holds your place and allows us to begin creating your personalized book.

Registration closes October 8.

Space is limited- and a few spots are already spoken for!

This is our final energy of your soul workshop until the new year, so don't wait to sign up!

Contact us to hold your spot

View our September offerings and book your next session below.

<https://masteringthesoul.janeapp.com/>

Acupuncture with Dr. Denis Marier, ND

Did you know **acupuncture** is one of the many services **Dr. Denis** offers at Mastering the Soul?

Your first appointment includes a thorough intake consultation to explore your health concerns and determine the most appropriate treatment approach, followed by acupuncture tailored to your individual needs. Needles are typically left in place for 20–30 minutes—and if **needles aren't for you, Denis also offers needle-free acupoint stimulation using a gentle electro-point stimulator.** Appointments can be booked through the Jane App.

And don't forget about Denis's **Taking Care of the Caregiver groups**—a supportive space created for those who spend so much of themselves caring for others and need time to reconnect with and care for themselves, too. Our September gatherings will be **Tuesday, September 8th and Tuesday, September 22nd.**

Book Online: masteringthesoul.janeapp.com

Kelly's September Reset

Step into fall feeling relaxed and renewed with 60 minutes of restorative **reflexology**, followed by a soothing **paraffin wax** hand treatment—all for just **\$95**. This special offering is available throughout September, so book your reset online through Jane

Email: mcsb@masteringthesoul.ca

Phone: 519-991-0482

Website: www.masteringthesoul.ca

A Season of Harvest

The weather may still be warm, but the energy around us has already begun to shift. Fall is a season of harvest—a time to gather what we've grown, recognize how far we've come and honour everything it took to arrive here. It invites us to appreciate what is flourishing, gently release what has completed its purpose and make space for whatever is ready to unfold next. As you move into this new season, we look forward to supporting all that you'll be harvesting within yourself, your relationships and your life. We are truly grateful to be part of your journey and for every moment, story and transformation you choose to share with us. From our hearts, thank you for allowing Mastering the Soul to grow alongside you.

