


The Energy of May: Expansion, Alignment & You

We're still feeling so much gratitude after our Open House. Thank you to everyone who showed up, supported, and helped bring that day to life – both leading up to it and during. The energy, connection, and community were felt deeply, and we truly appreciate each of you.

As we move into May and the energy of Beltane, we're excited to share that some beautiful updates are happening within the space. Beltane is a time of expansion, renewal, and stepping into your full expression, and these changes are being made with that same intention – to continue deepening the experience for everyone who comes through our doors.

We can't wait to share them with you!

Kelly Joy of Soleful Joy Healing:

has completely transformed her space, and it is absolutely something special. With so much intention woven into every detail, the energy of her room feels elevated, magical, and deeply immersive. It truly brings a whole new level to her healing sessions – something you don't just walk into, but feel the moment you enter. To celebrate this beautiful upgrade, she's offering 50% off sessions for the first five people who book in her fresh space – a perfect opportunity to experience both her work and this newly enhanced space. [Book Here!](#)

There are so many other room upgrades we are so excited to share with you over the coming month!! Photos will be coming soon!

Dana Kiss

Speaking of photos meet Dana – the creative eye behind so many of the beautiful photos you’ve seen from Mastering the Soul. She has a natural gift for capturing something real and meaningful in every shot, and honestly, she continues to surprise us with the quality and depth of her work. As she builds her photography portfolio, she’s offering discounted professional headshots. We highly recommend reaching out and booking before her spots fill up email danakiss90@gmail.com for more details

Dr. Denis Marier ND, MA

We want to give an official welcome to Dr. Denis Marier. With over 25 years of experience in naturopathic medicine, Dr. Marier brings a deeply integrative and compassionate approach to healing. His work is especially focused on supporting those navigating trauma and stress-related conditions. He blends nutrition and lifestyle counselling, acupuncture, botanical medicine, and so much more to support mind body and soul centered healing. We are honoured to have him as part of our community- stay tuned for his upcoming “walk with the doc” offerings

Michael’s June availability is **LIVE** as of today!! There’s been a small price increase in the June schedule—but our loyal cash clients, don’t worry... you’re grandfathered in at your current rate

AND- He has very limited spaces open for emergency quick fix sessions in May. To inquire about any available openings, please text or call 519-991-0482.

Laugh Group

We've got something extra special coming up for the whole family. On May 12th, Mastering the Soul is welcoming Stephen Molloy into the centre for a night of laughter, connection, and letting loose. This isn't your typical yoga class—think of it as a space to come in, be a little silly, shake off the heaviness, and just feel good. Through playful laughter and lighthearted connection, it's all about unwinding in a supportive, judgment-free environment.

While this experience is especially great for children it's truly something the whole family can enjoy together. Because honestly... when do we really give ourselves permission to just laugh?

This is a FREE event

Space is limited call to reserve your spot 519-991-0482

Powerful Beltane Full Moon Tonight

Shauna is holding a Full Moon Meditation tonight, May 1st at 6:30. This Full Flower Moon in Scorpio, aligned with Beltane supports growth, clarity, alignment, transformation and truth. There are a couple of spots still available, so please text or call 519-991-0482 to join in this magical release and alignment. The cost is \$25, please bring a yoga mat, pillow blanket and journal.

This same energy flows into Shauna's Clarity & Guidance sessions. These are one on one sessions that include a download prior to you coming in, a personalized guided meditation, and energy clearing and card reading to support balance across mind, body, and soul. [Book online here](#) to schedule your session with her today.

Here's to growth, alignment, and stepping fully into all that you are this season.