



From Love, Into Community

At Mastering the Soul

A Note of Thanks:

As we pause for a moment in the rhythm of everything that is unfolding, we want to begin with gratitude.

Thank you for being here.
Thank you for trusting this space.
Thank you for walking alongside us as *Mastering The Soul* took its first tender steps into the world.

What exists here now began quietly – without a plan, without expectation.

Early last year, we found our way back to one another. Not to *build* something, but simply to sit together. To talk. To listen. One coffee turned to many. Conversations stretched longer. The noise softened. And somewhere in that gentler space, we began following our souls.

As we explored ourselves-- through charts, reflection, and honest conversation-- something began to settle. We allowed life to move us instead of resisting it. Patterns were met with compassion. Layers softened without force. For the first time, we experienced what it felt like to be truly supported while still growing.

That kind of connection changes you.

It creates safety.
It invites trust.
It allows love to expand without pressure or expectation.

And as that connection deepened, a quiet knowing arose:



This is how support is *meant* to feel

Mastering the Soul was born from that knowing-- not as a business, but as an offering. A space rooted in authenticity, love accountability, and deep respect for each person's journey. A place where being seen feels safe, and growth feels supported.

That is the heart behind everything we share here.

And it is also why, in this month of love, we are opening space specifically for couples.

February Couples Sessions -

A Mastering the Soul Experience with Michael and Shauna

This session exists because we have lived it.

A playful yet intentional **90-minute experience**, created to help couples slow down together, explore individual and shared charts, and deepen understanding-- of yourselves and of each other.

This is not about fixing or forcing. It is about curiosity, compassion, and connection.

- Select evenings in February
- \$140 per couple
- Future sessions available at regular pricing

Book at: masteringthesoul.janeapp.com/ or
226-787-6979

Valentine's Month Offerings

Kelly Joy Lyons - Soleful Joy Healing Gift Certificates

Give the gift of deep relaxation and self-care this Valentine's Day. Perfect for partners, friends, or yourself.

Every gift certificate purchased includes a FREE paraffin wax treatment.

More details about these offerings coming next week!



Kathleen Murphy RN - Gentle Wellness

Gentle, nurturing support for body, mind, and energy designed to restore balance using Access Bars, body processes, and energetic face lifts

Valentine's Day Energy Sessions Special -
February 14, 2026 (10 a.m. - 4 p.m.)

Book: **519-981-6963**

Christina Biro - Intuitive Medium

Offers love-focused channelled readings exploring shared paths, past life connections, soul recognition, and insights for deeper connection.

Valentine's Love Readings - February 14th (10 a.m. - 5 p.m.)

Book: **519-300-2755**

Office Hours with Familiar Friends This Week

Michaels Quick Fix Sessions-

Sessions designed for fast effective relief, offering immediate support for the body to reset.

Monday, February 2nd - 9:30 a.m. - 11 a.m.

Saturday, February 7th - 1:30 p.m. - 3 p.m.

Kelly Joy Lyons - Soleful Joy Healing

Your feet deserve a spa day. Kelly's reflexology melts tension and boosts energy.

Monday - 10 p.m. - 4 p.m.

Friday & Saturday - 10 a.m. - 6 p.m.

Dion - Dream Work & Reiki

Through dream work and reiki, Dion helps illuminate your path and invites in clarity and calm.

Wednesday & Thursday - 1 p.m. - 7 p.m.

Tovah Lalla - Body Worker and Energy Healer

Using truly magical hands, Tovah releases tension and restores balance in grounding and transformative ways.

Wednesday - 12 p.m. - 4 p.m.

Friday - 12 p.m. - 4 p.m.

Tamillynn Edwards - Board Certified Sexologist and Intimacy Coach

Tamillynn supports desire, arousal and intimacy changes due to hormonal transitions through one-on-one or couple sessions

Thursday - 12 p.m. - 6 p.m.

Book at: youdeserveevents.square.site

Kelly Spinarsky (Special Guest) - Intuitive Sound & Chakra Tuner

Kelly is here to help you tune your energy, release stress, and lift your spirits with soulful songs, high-vibe chanting, and reiki infused magic-- guided by her spirit team

In office **February 4th**, reach out to Kelly to save your spot at: **519-890-2018**

We are deeply grateful for each of you and the way this community grows organically, lovingly, and in its own perfect rhythm.

With love,
Michael & Shauna
Mastering the Soul

