

The Spiritual Spa

The best way to understand energy healing is to experience it...
thespiritualspa.ca

APRIL 2013

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The Spiritual Spa is an intimate space in downtown St. Catharines. We offer two treatment rooms where you can take a few minutes, slow down, and check-in with yourself. Our focus is on alternative healing modalities, and we offer various services and tools to get you on track and feeling better - inside & out.



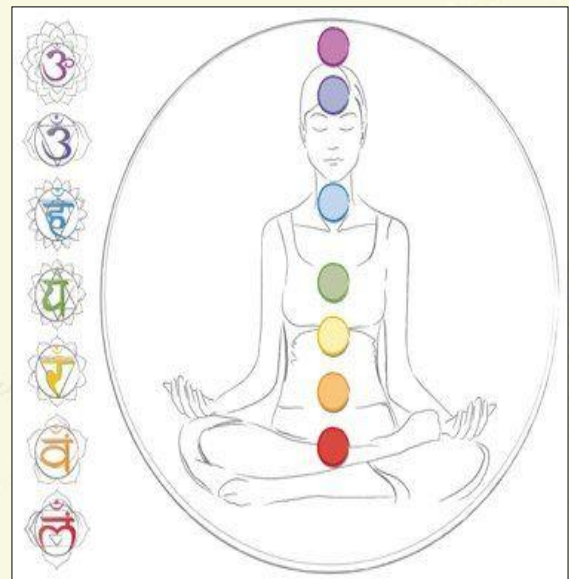
There is always time for You!

Long time residents of the Niagara Region, Kelly Kingsland and Tracy Kennedy are following their hearts and intuitions and hoping to offer Niagara residents an opportunity to develop and enhance their lives on a physical, mental, emotional and spiritual level. We believe that balancing these four aspects is imperative to good health and happiness. We are looking forward to this new adventure, and working with the Niagara population in a new capacity.

The Importance of Mindfulness

One of the most difficult things for people to do is still the mind - even for a few minutes a day. Our lives are so full with busy schedules, it's no wonder our mind is constantly spinning. Meditation, even for a few minutes a day, is an amazing way to keep and enhance mental clarity and focus, to reduce stress, anxiety and blood pressure, and more.

Understand how to manage daily stress with simple breathing and visualization techniques. We offer workshops, classes, and events throughout the week and on weekends, with a mix of daytime and evening scheduling.



Learn about the Seven Energy Points – or Chakras – and how important it is to keep these balanced.

*Who looks outside, dreams;
Who looks inside, awakens.
Carl Jung*

Usui Reiki

What is Usui Reiki?

Usui Reiki is a hands-on (or from 1-4 inches above the body) energy treatment. 'Rei' means Universal and 'Ki' means Life Force or *Life Energy*, and Reiki practitioners are trained to recognize any over or under active areas across the body, aura, and seven particular energy points called chakras. They can then channel and move this 'Life Energy' to needed areas in the client; removing blockages, cleansing negativity, and/or balancing anything that's off. Although Reiki stems from Japan and has strong ties to Buddhism, the premise of energy, and the use and effects of energy work and/or life force/breath are common across many societies and cultures.

What are the Benefits?

When energy is blocked, not flowing properly, or at a low frequency, we feel the effects on the physical body; we can feel tired, blah, and anxious. Reiki sessions are excellent for keeping you balanced physically, emotionally, mentally and spiritually. Why not try it?



Some noted benefits include:

- Calms, relaxes, comforts
- Alleviates stress & anxiety
- Helps with grieving, distress & sorrow
- Improves circulation & increase energy
- Boosts the immune system
- Improves self-esteem & confidence
- Increases vitality & slows aging process
- Reduces & relieves pain
- Aids spiritual growth & emotional clearing
- Assists in clearing body toxins

...and more...



In Hinduism and Buddhism the Lotus flower represents awakening to spiritual consciousness. The Lotus is an important symbolic flower across many cultures; it pushes through the darkness of the mud and emerges as a beautiful flower.

Usui Reiki Treatment

- 15 minute Chakra Balance or Localized Energy Treatment \$20
- 30 minute - \$35
- 60 Minute - \$60
- 90 minute - \$90
- 30 minutes Distance Healing - \$30



Lunch Break Meditation

Drop by for a 30 minute mid-day meditation to nourish the spirit. RoseAnn Waters will be leading this meditation on Thurs 1215-1245 - Starting May 9th. \$10 Pre-registration please.

Meditation & Mediumship

Join us for guided meditation & mediumship, and tune into the unseen world around you. Rev Gail Ingwall will be leading this weekly workshop on Tuesdays from 7-9pm, starting May 7th. \$15 Pre-registration please.

Beginners Meditation - with RoseAnn Waters

In this class you will explore breathing for meditation, visualization for relaxation, guided meditation, and more. Wed evenings 7-9pm: May 8th - June 5th. \$97 Pre-registration please.



Guest Psychics & Mediums

We host some really interesting people here at *The Spiritual Spa*. Perhaps you're looking for some insight into your career or relationships, or just looking to connect with loved ones and guides for a little direction. Meet our gifted guests and answer your most difficult questions. Check our website - we have confirmation from some of Niagara's most gifted mediums and psychics, and are setting up some dates & times!

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Additional Services



It Works! Body Wraps

Experience inch loss as the all natural, botanical wrap detoxifies your fat cells, resulting in improved skin appearance, more toned texture and inch loss. Each wrap if followed by a water flush to ensure the toxins are removed from your system. Due to the nature of the detoxification, wraps can only been done every 72 hours.

- Wrap In Spa -\$40
- Wrap at Home - \$30
- Wrap with a 45 min Reiki Treatment - \$75

Isagenix Nutritional Cleanse

Get Fit & Lean, Feel Fabulous and Stay Healthy.

Benefits of Cleansing:

- lose belly fat and gain muscle
- increase your energy
- improve athletic performance
- greater recovery post workout
- healthy ageing and mental clarity

\$Package prices vary depending on requirements

Need some Space?

We also host Practitioners & Healers

Are you an Energy Healer or Alternative Health Practitioner looking for room to work with your clients? Ask us about our Room use: by hour, day, week, or month.

We are supportive of other healers & healing modalities that help us find our path and feel more complete.

If we don't offer what you're looking for, we'll find you someone local who can & does. Ask us!

Alternative healing modalities should never replace consultation with, or instruction from your Medical Doctor.

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We're opening May 1st, 2013.
Stay tuned for information about our
Grand Opening on May 4th, 2013.
We are currently taking appointments.
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