

The Spiritual Spa

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

www.thespiritualspa.ca

JUNE 2013

VOL. 1 ISSUE 3

The Spiritual Spa participated in Niagara's Pamperfest on May 23rd at Amici's – what a great time. Thanks for stopping by our table!



Laura Canal, Tracy Kennedy, Kelly Kingsland, and Laurie Wickabrod at our Pamperfest Table.



Congrats to Jacquie Fuentes who won a lovely Vibroacoustic & Flower Essence Package, and to Carly Santry who won a 60 minute Reiki Session. Enjoy!



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

Massage Therapy

Jonah Winters

Therapeutic massage with a gentle touch

There are two main types of massage. Relaxation or "Swedish" massage feels good, but is it the best way to heal injuries? Therapeutic or "Structural" massage fixes things, but does it feel good? Most massage therapists are taught to treat specific physical conditions. You could say, they look for pain. Spa therapists are taught to provide a relaxing experience. You could say, they look for pleasure. Jonah is unique in that he's trained in both. He learned many aspects of the spa business, from aromatherapy to body wraps, with the "crystals and candles crowd" at Vancouver School of Bodywork and Massage.

Combining these two different styles, he can help alleviate chronic conditions or speed healing of injuries while also providing a soothing and restful treatment.



The techniques Jonah applies include Esalen (long peaceful strokes harmonized with the breath induce a sense of mental ease), deep tissue (slow, deep manipulation of any muscles that are extra tight), Trager (light rocking of the joints to release any tension the mind is holding in the body), and myofascial (the serious work, a modern form of Roling that focuses on the fascia).

More about Jonah and his work can be found at his website:

<http://wintersbodyworks.com>



Jonah has just returned from a weekend intensive with Barry Jenings, one of North America's only "master-level" myofascial practitioners, to hone his therapeutic techniques. Advanced myofascial massage is designed to improve posture, increase mobility, and free a sore body from chronic pain. It can feel like the deepest massage you've ever had.



30min: \$45
60min: \$80
90min: \$110

***10% of all Jonah's proceeds go to
Doctors Without Borders.**

<http://www.msf.ca/>



Mindz 'n Transit Christine Whelan

<http://christinewhelan.weebly.com>



Protection for Practitioners

A non-aggressive, defense-building forum for energy workers. "What do you mean by protecting myself as a practitioner?"

Explore.....

- Internal and External Tools
- Your Belief System
- Emotions and Thoughts
- Protective Visualization
- Setting Boundaries
- Laughter Really Is The Best Medicine
- Your Support System: In Life and Afterlife
- Other Supports Waiting For Your Attention & Request

Wed, June 19, 6:30-9:30pm. \$50

All supplies included.

Traveling Vision Boards

Create your own vision board, and start turning your dreams into reality! A Vision Board is a simple, yet powerful visualization tool that activates the universal law of attraction. It's a visual representation of the things that you want to have, be, and do in your life.


The LAW OF ATTRACTION states that we attract into our lives anything that we give attention to, regardless if it be positive or negative (The Secret). So, do you know what you want to have, be, and do in your life? Laugh, Release, Gain a Dose of Insight.

Wed, June 26, 2013, 6:30-9:30pm. \$50

All supplies included.

The Spiritual Spa would like to welcome Christine Whelan from Mindz 'n Transit! Christine has amazing people skills, and astute intuitive insight; motivating, facilitating and educating individuals of their powers within, reminding them of who they are and guiding them through options and opportunities in discovering their natural paths.

Christine has twenty years of experience:

- ~Social Service Worker
- ~Crisis and Trauma Counsellor
- ~Employment Consultant
- ~Youth Worker
- ~Counsellor - Women's Issues & Family Violence
- ~Existential / Bereavement Counsellor
- ~Group Facilitator
- ~Workshop Facilitator
- ~Motivational Speaker
- ~Program Coordinator
- ~Lightworker 
- ~Spiritualist
- ~Freelance Writer

Tuesdays with Christine at The Spiritual Spa

- Life Path and Purpose Readings
- Counselling
- Introducing.... Lightworker's Lunch!
- New Workshops!

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Flower Essence Healing

Good Read:

Excerpts from Stephanie Marohn's (2003) *The Natural Medicine Guide to Anxiety*.

http://www.stephaniemarohn.com/books_anxiety.html

"Like homeopathy, flower essence therapy works on an energetic level to restore the equilibrium of the body, mind, and spirit. The particular specialty of flower essences is the realm of emotions and attitudes, which exert a powerful influence on health and ill health. As Edward Bach, an English physician and homeopath and the father of flower essence therapy, stated it, "Behind all disease lie our fears, our anxieties, our greed, our likes and dislikes." By addressing underlying psychospiritual issues and promoting energetic shifts in the mind and emotions, flower essences promote a return to health on all levels."

"To clarify another common misunderstanding, essential oils (aromatherapy) and flower essences are two different kinds of medicine. While essential oils contain the biochemical components of the plants from which they are extracted, flower essences are closer to homeopathic remedies in nature, in that they are energetic imprints of their source. Another way of saying this is that a flower essence contains the life force of the flower."

Laurie Wickabrod – Flower Essence Healing
Wednesdays, 10am-5pm at *The Spiritual Spa*.

***"O my Love's like a red, red rose,
That's newly sprung in June."***

Robert Burns



Coming Events in June!

Reiki Share – Level I, II, III & Masters

Any and All levels of Reiki certification are welcome to join us for this Reiki Share on Monday, June 17th from 630-930pm. Tea, engaging conversation, and recharging energy will be served. And, Laurie will also be sharing some of her special Flower Essences for Healers and Lightworkers. This is a free event; email us to reserve your spot!

Reiki Level 1 Certification

We will be holding a Level 1 Reiki class in June. Announcing dates shortly. Please let us know via email if you're interested in participating. \$175.

Herbalism Workshop with Jituska

We are excited to host Jituska, who will be sharing some of her wisdom about Herbalism and Niagara Herbs. Learn about Herbal must-haves, and how to recognize edible and medicinal treasures on your daily walks and hikes. Email us for the class start date & more info.

Lunch Break Meditation

Drop by for a 30 minute mid-day meditation to nourish the spirit. RoseAnn Waters will be leading this meditation on Thursdays from 1215-1245pm. \$10/session. Email us for up to date class start dates.

Guest Psychics & Mediums

We host some really interesting people here at *The Spiritual Spa*. Perhaps you are looking for some insight into your career or relationships, or just looking to connect with loved ones & guides for a little direction. Check our website for latest guests.

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

June 2013

The Spiritual Spa - Notes

We are offering Brock & Niagara College students special Reiki healing rates in support of the Mental Health Initiative at Brock University 30 min Reiki \$20. And we have a bus stop right in front of our door (#6 Lake St. Bus).

We also offer a special rate for Seniors – 30 min Reiki Session \$20.

VOL. #1 ISSUE #3

***The only journey is
the journey within.***

Rainer Maria Rilke



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Energy healing and more...