

About Karen

Karen has taught and practiced Yoga and Meditation for over 20 years, been involved with Holistic Healing for 8 years, and have worked with Reiki and Cranial-Sacral Energies for over five years. Both Karen and her husband are Reiki Masters & Teachers.



She creates a warm, secure, and peaceful atmosphere where clients are treated with respect, caring and confidentiality. Karen is open, cheerful, positive, and non-judgmental.

JUST FOR TODAY –

- I WILL NOT WORRY
- I WILL NOT BE ANGRY
- I WILL DO MY WORK HONESTLY
- I WILL GIVE THANKS FOR MY MANY BLESSINGS
- I WILL BE KIND TO MY NEIGHBOUR AND ALL LIVING THINGS

The Five Spiritual Principles of Reiki



About Brian

Brian has been studying and practicing Bowen Technique for close to 2-years. He has helped dozens of people overcome debilitating pain & immobility and helped them live more productive and fulfilling lives. Brian is also a Reiki Master-Teacher and makes custom silver jewellery.



Soul Balance.ca

WHOLE BODY VIBRATION

- Increase muscle strength and tone.
- Increase flexibility.
- Increase bone density.
- Improve skin appearance.
- Promote lymphatic drainage.
- Promote weight loss.
- Decrease muscle pain.

Feel The Difference

NitroFit is Canada's most affordable quality whole body vibration machine. Tried, true & University tested, NitroFit offers quality & comfort that you can really FEEL, with both the personal (white) and the Deluxe (black). You will see results in as little as 10 minutes a day, 3 days a week!



Soul Balance

- Nitrofit Whole Body Vibration Exercise Machines

- Cranial Sacral Therapy
- Bowen Therapy
- Reiki Master-Teachers
- Custom Jewellery
- Yoga & Meditation Classes

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BOWEN THERAPY

Bowen Therapy is a hands-on physical treatment involving a gentle healing pressure applied to affected muscles, tendons, fascia and nerves followed by a remarkable and literal release. This is achieved through a series of specific movements performed by the therapist throughout the body and during the treatment session muscle spasm and pain are relaxed immediately. Furthermore, Bowen Therapy's effect on most pain and inflammation is not only remarkably quick but long-lasting too. Bowen Therapy is the most accessible gateway to wellness as it relieves the majority of symptoms associated with chronic illnesses thereby freeing your body's best effort to heal the deeper causes of its chronic health problems.

Re-Structuring:

Bowen Therapy dramatically reduces pain and inflammation after even one treatment. Follow up visits are scheduled according to the rate of response you have as your body needs time between treatments to process and heal.

Re-Balancing:

Bowen Therapy simply restores healthy muscle tone at the same time it switches off the pro-inflammatory patterns of reaction in the body to a healing state. Rest & recuperate after a Bowen Therapy treatment - your body will thank you for allowing the chance for it to fully resolve past injuries and its inappropriate patterns of tension.

Re-Alignment:

Bowen Therapy returns joint & tendon alignment by simply re-setting the pattern of tensions held within a structure, thereby allowing for a natural restoring of its symmetry.

REIKI

Reiki is a universal energy or divine force and is an extremely powerful healing technique. Practitioners are taught and attuned to receive this energy and transfer it through their hands to the individual receiving the healing. The healing can be physical, emotional, spiritual, or a combination of the three. All that is needed is a sincere desire on the client's part to allow a cleansing within their emotional and spiritual consciousness. A total healing can then occur. Emotions can be released during and/or after a session – whatever your soul needs – that is what will happen – even if it is not what you are expecting or hoping for. After a session, one often feels lighter, balanced and at peace .

CRANIAL-SACRAL THERAPY

Cranial Sacral Therapy (CST) is a gentle, hands-on-method used to evaluate & enhance the Cranio-Sacral system, made up of membranes and Cerebrospinal Fluid surrounding and protecting the brain and spinal cord. Like the pulse of your Cardiovascular system, The Cranio-Sacral system can be felt throughout the body. The CST Practitioner uses light touch to release restrictions in the Cranio-Sacral system to improve the functioning of the Central Nervous System assisting your body's natural healing process covering a wide range of medical problems associated with pain and dysfunction.

YOGA

Grace, Beauty, Strength, Energy and Firmness adorn the body through Yoga. Hatha Yoga focuses on overall health. Body tension is relieved through the practice of Yoga posture and proper breathing techniques. Awareness is brought to postural alignment, while increasing strength, flexibility, stamina and balance. The focus on proper breathing and controlled posture improves blood circulation, oxygen intake and the functioning of the body's organs. All these aspects of Yoga practice combine to prevent and reduce injury, stress, pain – both chronic and acute and diseases of the body, the mind and the spirit.

MEDITATION

Bring your body, mind and soul into a peaceful state. Learn how to relax fully. To meditate, we need to understand two factors: evaluate the inner workings of the mind and become familiar with awareness. Once we know how a thought is formulated, what triggers thoughts, what are the conditions in which mind is prone to generate thoughts, only then can we take a leap beyond the cobweb of thoughts and experience the ever-flowing bliss. To understand all this, we need to cultivate and nurture attentiveness, alertness, vigilance and have a sharp microscopic vision.