



# Monthly Newsletter

May 2026

May is blooming  
with excitement!

**HAPPY MOTHER'S DAY!**

Our new space is ready and we are patiently waiting to hear from the Massage Board. Once we are in the new space, we will notify you for when your sessions will be in Rowley.  
**AS OF NOW, SESSIONS REMAIN IN HAMILTON.**



Katelyn and Dawnielle are excited to announce that they are now affiliate teachers for Meditate School of Mindfulness & Sound! They will be teaching sound/vibration, as well as wellness/mindfulness workshops in the very near future (Stay tuned)!

Affiliate Teacher



Meditate:  
School of Mindfulness & Sound

**Welcome to two of our new practitioners!!**

**MEGAN BIDDLE**  
Reiki Master & Practitioner

Megan is a certified Usui Reiki Master, who's practice is grounded in compassion, presence, and respect for each individual's unique healing process. She is also a softball coach & art teacher in her day-to-day life.

Megan's Words:

"With a calm and intuitive approach, I create a safe space for deep relaxation, stress release, and energetic balance. Reiki allows clients to unwind, reconnect, and restore a sense of inner clarity. I look forward to guiding you on your personal journey to wellness and healing."

Megan welcomes both newcomers to Reiki and those continuing their wellness journey, and is honored to support clients in a peaceful, grounding setting.

\*Megan is offering Reiki sessions, starting this month\*

**SARAH DOUCETTE**  
Reiki Master & Practitioner

Sarah is a compassionate energy healer dedicated to creating a safe, supportive space where clients feel seen and heard. She believes that shared experience creates meaningful connection with one another. Inspired by her own healing journey, she began practicing Reiki in 2015 and became a Reiki Master in 2021.

Currently she is expanding her work to include crystal healing, chakra balancing with crystals, and sound healing. Sarah is devoted to integrating many more diverse modalities in the near future to support others in navigating life's challenges with greater balance, clarity, and peace.

\*Sarah is offering reiki sessions, starting in June"

## Sound Immersion

A sound immersion is a beautiful experience, where you can step away from life, to come back to a centered and grounded state. With sound, the vibrations are welcomed by our body, helping us find harmony within ourselves. We all carry blockages from emotions, old traumas, fears and life experiences and our body wants to find its way back to balance and harmony. Sound can help get us there! The different instruments speak to parts of us that are waiting to be cleared, helping our body heal, one layer at time.

You should expect to lay down, relax and let the instruments do the magic work! We will provide yoga mats, blankets, bolsters, but please feel free to bring what will make you comfortable, such as a pillow & a cozy blanket.

**\*\*Please arrive a little early, so that we can start on time and there are no interruptions during the sound immersion\*\***

## Mommy & Me Sound Immersion

See above for Sound Immersion, plus you should expect to lay down or snuggle in with your little one, to relax and let the instruments do the magic work! What a beautiful way to immerse your baby in a space that is soothing and comforting, while being surrounded by other mothers. No expectations. Just show up, no matter how messy your day may be.

## Reiki Sound Circle

The Reiki Sound Circle will include a sound immersion (see description above), while another practitioner moves around the circle of guests, providing Reiki to all. This is a beautiful way to rest and reset after a busy day.

We will provide yoga mats, bolsters and blankets, but feel free to bring anything that will make you more comfortable.

**\*\*Please arrive a little early, so that we can start on time and there are no interruptions during the sound immersion\*\***



**Purchase 5/13 (6:30pm)**  
**Sound Immersion spot here**



**Purchase 5/28 (10am)**  
**Mommy & Me Sound Immersion spot here**



**OPEN HOUSE 4-6pm**  
**(no registraion required)**  
**&**  
**Purchase 5/31 (6:30pm)**  
**Mini Sound Immerson spot here**



**Purchase 6/10 (6:30pm)**  
**Sound Immerson spot here**



**Purchase 6/11 (6:30pm)**  
**Reiki Sound Circle spot here**



**Purchase 6/20 (9am)**  
**Sound Immerson spot here**

**\*We will send out info on wellness/mindfulness educational upcoming classes soon\***