



Transense

Healing Arts Holistic Centre

Come celebrate the return of the light and restore body, mind & soul at Transense with our Winter Solstice Reiki Energy & Sound Healing Ceremony

Join **Stephanie** and **Karyn** in this small, intimate group setting to take a sacred pause and reflect on what the Solstice season is ready to show us. As the sun begins to return, bringing longer light to our days, it's a perfect time to reflect on the light that fills your life and how you're being called to shine **YOUR** light more as you begin a new cycle and year ahead. **This is your invitation to presence and receive.**

Our thoughtfully curated **90 minute** ceremony creates a perfect opportunity for setting intentions, grounding, releasing stress, and returning to your heart centre... all while receiving Reiki energy infused with healing sound frequencies.



Event Details

- Where:** Transense Healing Arts Holistic Centre
344 Bloor Street West Suite 610
(416) 916-2980
- When:** Thursday, December 17, 2026
- Time:** 7-8:30 pm
- Cost:** \$65 + HST
- Payment:** E-transfer Stephanie at
stephaniecookson@rogers.com
- RSVP** Stephanie by September 10th
stephaniecookson@rogers.com



Other Considerations

Please allow time for an early arrival to Transense to give yourself an opportunity to settle in, a bathroom break, and any requirements needed for your comfort. During the ceremony you will be lying down but chairs are available for those who prefer to sit.



Signed Waiver

All participants will be required to review and sign the waiver upon your arrival and prior to attendance. Thank you!



YOUR PRACTITIONERS



Stephanie Cookson

Stephanie is a Registered Mental Health Nurse (UK), Holistic Practitioner, Reiki/ Sekhem Master Teacher and has a Masters in Business Administration (MBA). She is the owner of Transense Healing Arts Holistic Centre.
<https://www.transense.ca/>



Karyn Malfara

Karyn is a Registered Canadian Reflexology Therapist (RCRT)™, Holistic Practitioner, and Reiki Master Teacher with a private practice at the Transense Healing Arts Holistic Centre.
<https://www.sprucepathhealth.com>