



Transense

Healing Arts Holistic Centre

Come celebrate, rebalance, and restore at Transense with our Fall Equinox 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 Equinox season is ready to show us. After a busy summer, the fall season arrives to call you back into balance. With day and night in perfect balance, can you find the same balance in your body and mind? **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, September 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>