

THE
WINDROSE

LISTEN TO THE WIND OF YOUR SOUL



SOUNDBATH

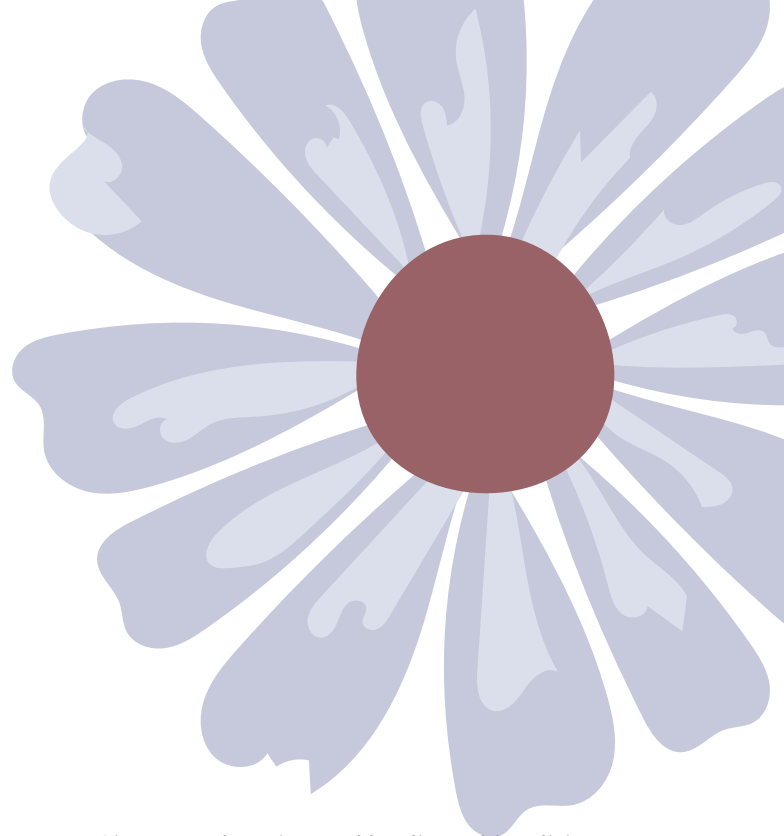
200-HOUR MEDITATION
TEACHER TRAININGS

QIGONG

HEALING YOUR INNER CHILD
COMPASSION INQUIRY

ASK TIFF

Q+ A YOUR MENTAL
WELLNESS QUESTIONS



Hello!

Welcome to The Windrose, where we embark on a journey of inner exploration and healing. This edition is crafted with YOU in mind, as we delve into the profound realms of sound healing, inner child work, and compassionate, kind and mindful inquiry.

Standing on the threshold of a new season, it's an opportune moment to nurture our own well-being with holistic wellness including more profound healing modalities. Before we dive into the depths of our offerings, I want to reaffirm my dedication to my clients' growth and wellness. Through a fusion of therapeutic modalities, from mindfulness to cognitive techniques such as CBT and DBT, alongside the integration of expressive arts therapies, I've had the privilege of accompanying thousands upon thousands of individuals through various life struggles, be it anxiety, grief, self-esteem, parenting, depression, or bullying. It's been my great honour.

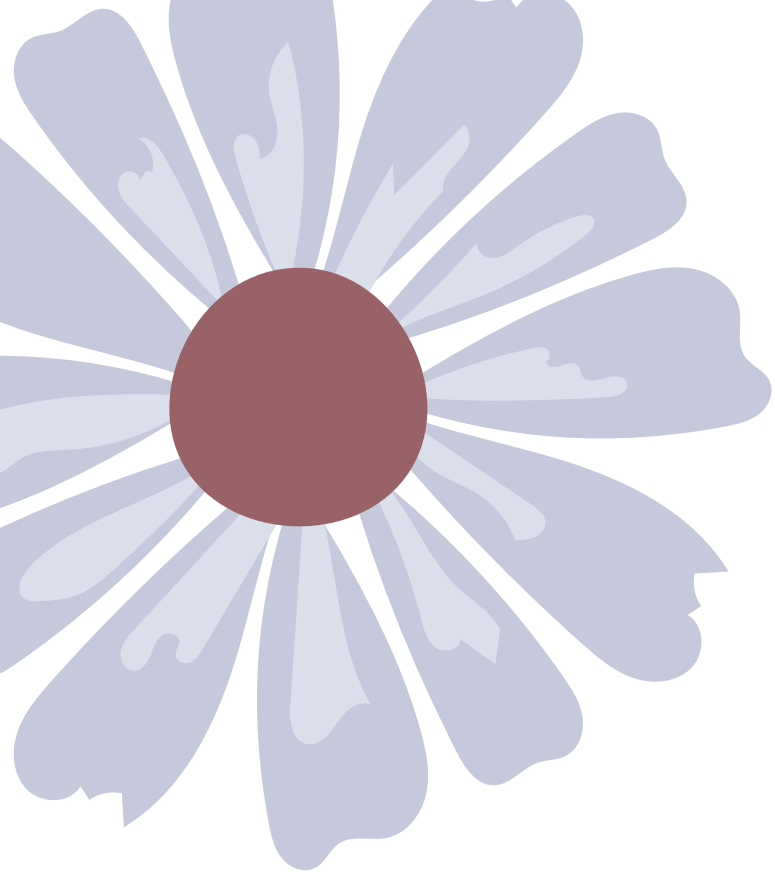
In our commitment to holistic well-being, we're thrilled to announce the continuation of our beloved children and teens offerings. We continue to offer transformative CBT + Art Therapy events, with more enriching experiences on the horizon, including yoga and mindfulness programs tailored to nourish the young minds and bodies entrusted to our care.

Amidst our array of offerings, we're excited to introduce empowering opportunities. From a comprehensive 200-hour Meditation Training to specialized workshops, mindful art events, and rejuvenating yoga sessions like Yoga for Grief as well as QiGong - there's something profound awaiting you on your path to self-discovery and renewal.

Thank you for joining us on this journey with The Windrose. We invite you to immerse yourself in this edition, allowing the gentle breeze of your soul to guide you as we embrace another chapter of well-being and transformation together.

Tiff

MA, RP, DVATI, ART + PLAY THERAPY



Evidence-Based Clinical Psychotherapy

Tiffany at thesoulcompass.com offers psychotherapy, counselling, and coaching to children, teens, adults, and couples.

CHILDREN + PRE-TEENS (6-12)

This age group **LOVES** play therapy and sand tray therapy. Sand tray therapy has been proven to enable clients to speak more openly and confront their past traumas and ongoing problems. Not only does it teach encouraging coping skills, but it provides that necessary safe space to explore what's really going on.

TEENS + EMERGING ADULTS

To help this age group manage crises, anger, insomnia, panic, anxiety, low self-esteem, lack of focus, motivation issues, and existential confusion, I offer sessions that teach meaningful distress tolerance skills, emotions regulation strategies, key mindfulness techniques, and interpersonal relations strategies. I also offer MBSR for Teens.

COUPLES + MARRIAGE COUNSELLING

Are you arguing about the same things over and over again? Is the ongoing conflict in the marriage problematic? Do old wounds need healing? You are not alone. Conflict and phases of emotional disconnection are a natural part of any relationship, and psychotherapy can be the outlet needed in order for the security of an emotional bond to be restored.

Therapeutic Interventions used at The Soul Compass

Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR +MBCT), Expressive Arts (Play, Music, Sound, Art, Movement), Somatic Awareness through movement, yoga, and breath, Spiritual + Energetic Counselling, and Neurobiological Nourishment as it relates to mental health.



INNER CHILD

@thesoulcompass



Join Tiffany for transformative Inner Child Healing sessions. Reach out to tiffany@thesoulcompass.com for more information and to embark on your journey of healing and self-discovery. .

Inner Child Healing is a nurturing and introspective journey that delves into the depths of our emotional landscape, offering solace and healing to our inner child. Unlike traditional therapeutic approaches, Inner Child Healing embraces a gentle and compassionate approach, providing a safe space for exploration and healing.

Through various therapeutic techniques such as guided visualization, journaling, and somatic journeying, Inner Child Healing allows us to connect with and nurture the wounded aspects of our inner child. By acknowledging and addressing past traumas, neglect, or unmet needs, we can begin to heal deep-seated emotional wounds and cultivate a sense of wholeness and self-love. The benefits of Inner Child Healing are profound and multifaceted. It fosters emotional resilience, self-compassion, and a greater capacity for authentic self-expression. By re-parenting our inner child with love, empathy, and understanding, we can break free from patterns of self-sabotage, shame, and unworthiness, paving the way for greater joy, fulfillment, and inner peace.

Moreover, Inner Child Healing complements other therapeutic modalities and spiritual practices, enhancing their effectiveness and deepening our understanding of ourselves. It serves as a cornerstone of holistic well-being, empowering us to reclaim our inner power and live authentically from a place of wholeness and integration.

Compassionate Inquiry

Compassionate Inquiry is an approach that helps individuals investigate what lies beneath the appearance we present to the world.

Tiffany participated in the year-long CI intensive created by Dr. Gabor Maté.

Using the Compassionate Inquiry system, both the individual and therapist unveil the level of consciousness, mental climate, hidden assumptions, implicit memories and body states that form the real message that words both express and conceal.

Through the therapist's use of the Compassionate Inquiry approach, the client can recognize the unconscious dynamics that run their lives and how to liberate themselves from them.

“The purpose of the Compassionate Inquiry is to drill down to the core stories people tell themselves – to get them to see what story they are telling themselves unconsciously; what those beliefs are, where they came from; and guide them to the possibility of letting go of those stories, or letting go of the hold those stories have on them ...

That's what Compassionate Inquiry is.”

~ Dr. Gabor Maté

Become a **CERTIFIED**
meditation teacher
Learn more at
Tiffany@thesoulcompass.com



MEDITATE

@thesoulcompass

Meditation enhances mental clarity and focus, enabling individuals to manage stress more effectively and make better decisions. Moreover, meditation promotes emotional well-being by reducing anxiety and depression symptoms, fostering a sense of inner peace and contentment.

On a physical level, it lowers blood pressure, strengthens the immune system, and improves sleep quality. Long-term meditation practice has even been linked to changes in brain structure that support enhanced memory and cognitive function. Additionally, meditation cultivates greater self-awareness and empathy, strengthening relationships and communication skills.

In today's fast-paced world, taking time to meditate can be a powerful tool for self-care and personal growth, offering a holistic approach to improving one's overall quality of life. So, whether you're seeking stress relief, emotional balance, or better health, meditation is a valuable practice to consider incorporating into your daily routine.

Ask Tiff

Submit a question by emailing me:
tiffany@thesoulcompass.com

**Q: What are the benefits
of getting my 200-hour
meditation training?**

Meditation training offers numerous benefits for mental and physical well-being. It enhances stress management, reduces anxiety, and promotes emotional resilience. Regular practice improves focus, concentration, and cognitive function. Additionally, meditation fosters a sense of inner peace, better sleep, and a heightened sense of self-awareness, ultimately contributing to a more balanced and fulfilling life.

Meditation training can enhance job performance by reducing stress, improving focus, and boosting creativity. It equips individuals with better decision-making abilities and emotional intelligence. Regular practice enhances resilience to workplace challenges and promotes a calmer, more productive work environment, ultimately leading to increased job satisfaction and success.

Are you a yoga teacher? A meditation teaching certificate empowers yoga instructors to offer a comprehensive wellness experience to their students. It enhances their credibility and skill set, allowing them to integrate meditation seamlessly into yoga classes.

NEW!



Tiffany teaches QiGong

Qigong (pronounced chee-gong) is a traditional Chinese practice that combines movement, breath, and meditation to cultivate and balance the body's vital energy, known as "qi" or "chi." The term "qi" refers to the life force or energy that flows through all living beings, while "gong" means cultivation or skill acquired through practice.

Regular practice of Qigong is believed to offer numerous benefits, including:

- 1. Improved Physical Health:** Qigong exercises promote relaxation, flexibility, balance, and strength. They can also enhance circulation, boost the immune system, and support the body's natural healing processes.
- 2. Mental and Emotional Well-being:** Qigong practices help calm the mind, reduce stress, anxiety, and depression, and cultivate a sense of inner peace and mental clarity.
- 3. Energetic Balance:** Qigong aims to balance the flow of qi within the body's energy meridians, promoting harmony between the body, mind, and spirit.
- 4. Spiritual Growth:** For some practitioners, Qigong serves as a spiritual practice, fostering a deeper connection with oneself, nature, and the universe.

Qigong is suitable for people of all ages and fitness levels and can be adapted to individual needs and abilities. It can be practiced standing, sitting, or lying down, making it accessible to a wide range of individuals.

Overall, Qigong is a holistic practice that addresses the interconnectedness of body, mind, and spirit, offering a pathway to health, vitality, and inner peace.

Pop up classes start Fall 2024



SOUND

@thesoulcompass

HEALING



Above
Regular Sound Healing practice can have profound effects on physical health. It has been shown to reduce blood pressure, enhance immune function, and alleviate chronic pain, offering a holistic approach to wellness.

During a Sound Healing session, you can immerse yourself in a cocoon of soothing vibrations while you being guided through a transformative journey of relaxation and inner exploration. This practice involves the resonating tones of various instruments such as drums, sound bowls, chimes, and native flutes, each with its own unique frequency and healing properties. As you surrender to the rhythmic melodies, you are gently guided into a state of deep relaxation, surpassing the boundaries of ordinary consciousness.

Sound Healing facilitates the release of stress, anxiety, and tension stored within the body and mind, promoting profound mental and emotional well-being. The harmonious vibrations harmonize the body's energy centers, known as chakras, restoring balance and vitality to the entire being. This therapeutic experience can also improve sleep quality, making it particularly beneficial for those grappling with insomnia or restless nights. Moreover, Sound Healing enhances self-awareness and mindfulness, allowing you to delve into the depths of your inner landscape, unraveling layers of emotions and fostering clarity and purpose. It sparks creativity, enhances concentration, and boosts memory, serving as a catalyst for personal growth and self-discovery.

RETREATS

JUNE 1, 2024

EVENING UNDER THE STARS

Join Tiffany and Jennifer Gerard for an evening retreat.

Enjoy an evening of Qigong + Reiki,
Meditation with Aromatherapy and Crystals,
Sound Bath, and
Motivation Workshop.

Organic Teas + Dinner included \$150

JULY 3, 2024

INNER DIVINE POWER

Join Tiffany and Sharon Vanderburg for a daylong retreat.

ReclaimYour Inner Power

Exploring personal power, self-discovery and the power of the
awakened self.

Exploring the inner divine in a journey to the crown chakra.

Enjoy a full day of soul work where we explore
symbolic power and cultivate grace.

A full day of self-discovery.

Yoga, Meditation, Mindful Walk, and Soul Work.

Organic Teas + Gourmet Lunch included. \$75



Register Today!

register tiffany@thesoulcompass.com



Cultivate
Inner Divine
Power
Retreat
Wed, July 3

Women's Day Retreat

Join Sharon Vanderburg and Tiffany Caicco on July 3 for a day's journey to the crown chakra.

What Awaits You:

Chakra Workshop + Neurogenic Art

Dive into the exploration of your soul's energetic landscape through an immersive Chakra workshop and experiential art experience.

Journey to the Crown Chakra Yoga + Sound

Engage in sacred sound and yoga ceremony to honour your journey, amplify your intentions, and align you with your soul's purpose.

Lunch and Learn with Crystals(Brianna's Crystals and Minerals)

Vortex Walk on Whitefish Island

Partake in a nature walk with Lavender tea on the trail.

Crown Chakra Sound Reiki® Meditation

Cultivating Grace Women's Circle:

Finish the day in circle as we cultivate grace together. Share your sacred practice of kindness, patience, and compassion and how your lived experiences have honoured your spiritual path of enlightenment.

Exchange: \$75

Note: Lunch is not included. Please budget \$15-\$20 for lunch.

Spaces are limited, so reserve your place today to embark on this sacred journey to the crown chakra!

RAIN DATE: July 5 Please save this rain date. For more info, ask Sharon. To secure your spot, email tiffany@thesoulcompass.com







Kiddo's Under The Sea

Sandtray Activity



**Join The Soul Compass Kids for an under
the sea sand tray activity**

**Each child leaves with a personalized
sand tray (for outdoor play, of course!)**

June

**Limited Spaces
\$15 to cover costs**

Register tiffany@thesoulcompass.com





STRAWBERRY BLITZ

Strawberry fever anyone?

Find this delicious recipe on the blog section at thesoulcompass.com.

**Happy are those who find
wisdom...it's better than
silver and gold and more
precious than rubies.
Ancient Words**

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