



SPOTLIGHT

LAURA CANAL

AUGUST 2015

Company and title:

Reflexologist and Reiki Master at “Miles of Smiles Alternative Solutions”

Laura shares her background and provides the latest on her current services:

I am a Certified Reflexologist and Certified Usui Reiki Master, with a thirst for knowledge in this ongoing journey of life. With the many teachers and mentors that I have had in the past who are still assisting me, and the new ones that are always showing up, I send my love and hold the honor, respect, gratitude and appreciation for all the lessons.

My business Miles of Smiles Alternative Solutions offers individuals an alternative solution to achieving Health and Wellness of the physical body. Each and every person has free will and control of their physical, mental, emotional and spiritual balance on their journey.

All living things on Earth deserve to be loved and respected with *honor*; we are all victorious.

Connecting fully to the heartbeat of mother earth will raise your vibration to a higher frequency and understanding that you are worthy of belonging on earth. Opening your heart, emanating the love from within, and shining your brilliant light are your purpose.

We are electromagnetic beings, nourished and energized by the electrical charges emitting from Earth.

Early in life I realized that we are all conditioned by the teachings of the family that we are born into. The lessons that are provided in this life can be challenging and exciting at the same time. When beginning my education in the medical field in the early 80's I realized that the only solution is to be proactive with your health. It has been proven that stress and tension can cause disease to manifest in the physical body. An excess of stress and tension can also cause the body to

experience physical pain, which is a mechanism in the body that alerts us to reassess the path that we are on, to analyze what is working and what is not.

I operate my business Miles of Smiles Alternative Solutions in The Spiritual Spa, at 4394 Queen St. in the downtown core of Niagara Falls, ON. Our retail store is open to the public Wednesday through Friday 11-5. I offer sessions Tuesday through Friday 10am – 7pm, and Saturday 10am – 3pm.

I provide two things during a session: First, I read and translate the energy from your body. I translate my findings into words and provide this feedback intuitively and sometimes even through channelled messages, depending what's come through.



To best assist your healing, I translate as clear and concise as possible. Second, I unblock the electrical interference that sometimes occurs in the energetic pathways: during a Reflexology session this is done by stimulating the reflexes on your feet that are connected to all glands, organs, and parts of the entire body. And during an Energy Session I channel life force energy using a myriad of holistic tools.

The Spiritual Spa is a wonderful environment in which all my teachers and mentors seem to gravitate to. I'm very lucky to work with a circle of like-minded healers, where we provide Reiki, shamanic healing, massage therapy, channelling, and energy work. We all learn from and support each other.

Throughout the summers I also offer *Under the Oak Tree* meditations, held bi-weekly, each with a different focused intention. These are held near the center of Niagara Falls, sitting by the fire, being drawn into the flames, under a majestic oak tree. I will be continuing these meditations indoors during the cooler months at The Spiritual Spa on two Thursday evenings a month. Read more at www.milesOfSmiles.ca/oak.

I also offer a Reflexology "Promotional Day" bi-weekly, to give individuals a chance to experience a session of Reflexology at a discounted price. A 30 minute session is for individuals who have never experienced a Reflexology Session before — this will give you insight to how it feels, in case your feet may be sensitive, and so you can get to know me and learn the benefits of a session.

A 60 minute session is a standard or full session in which you will receive all the benefits of a Reflexology Session, including a release of blocks, toxins and impurities from the body, as well as the grounding effect from removal of any interference in the electrical system. With stress removed, circulation enhanced, and metabolism improved and normalized, the end result will be achieved: bringing your body to balance, or homeostasis.

We are all healing while we are living here on earth. Inner personal work is an ongoing process, which I personally began over two decades ago when I first realized that I was worthy and belong here on earth. It is a step-by-step process in your evolutionary growth of our higher self. Everyone deserves a harmonious existence. It all starts with *you* and how much effort you put towards your own personal growth!

Upcoming Events and Promotions (*note: promo days fill up quickly*)

Reflexology Promo Days at The Spiritual Spa

Tuesday August 25 from 10am – 8pm

Tuesday September 8 from 10am – 8pm

Tuesday September 29 from 10am – 8pm

Tuesday October 13 from 10am – 8pm

Tuesday October 27 from 10am – 8pm

Under the Oak Tree Mediations

Thursday August 20 from 7 – 9pm, at my home

Thursday September 3 from 7 – 9pm, at my home

Thursday October 8 from 7-9pm, at my home

Thursday October 22 from 7 – 9pm, at the Spiritual Spa

To learn more about Laura Canal please visit her Spiritual Niagara [profile](#).

Should you require any additional information regarding her services or would like to book an appointment:

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Thank you Laura!