



With the amazing support we received through the Parkinson Canada Care Fund Grant, we are excited and honored to welcome the beautiful team from Lotus Sound to our program lineup. Jay and Justine will be offering Mindfulness Meditation in both Collingwood and Wasaga Beach. If you have never tried meditation or aren't sure if it is a right fit for you, join us and see how you feel before class and after class.

Enjoy the read below 😊



Justine Sanderson and Jay Robinson of Lotus Sound in Collingwood have spent many years bringing people together through gentle and intentional sound, music, and guided relaxation practices. With more than 50 years of combined experience as musicians and meditation guides, they have led over 750 group sessions across Ontario, always with the goal of helping people feel calm, supported, and connected.

In this 8-week program, Justine and Jay will guide participants through simple relaxation practices that encourage rest and peace of mind while also building awareness of physical sensations. Sessions will include gentle mindful breathing, which research shows can calm the nervous system, steady the heart, and help participants notice how their breath affects the body. These kinds of mindfulness practices are proven to reduce stress, improve sleep, and increase overall well-being by bringing more attention to the body's natural rhythms.

Through attentive listening, each person will also have the opportunity to discover their own "home note" — the tone or key that feels most natural and supportive in their body. Feeling this resonance can heighten awareness of vibration and sound in the chest, throat, and head. Justine and Jay will then provide suggested listening to enjoy at home, allowing participants to continue connecting with their home note in ways that can enhance relaxation and overall bodily ease.



Soothing live sounds will infuse each session with instruments such as the gong, didgeridoo, santoor, and singing bowls. The gong, used for thousands of years in Asia, produces deep, rolling tones that many people feel resonate through the body, encouraging grounding and relaxation. The didgeridoo, one of the world's oldest wind instruments from Australia, creates a steady, vibrating sound that participants often feel in their chest and abdomen, supporting deeper breathing and a settled body state. Studies suggest that listening to these kinds of sounds can reduce physical tension, lower anxiety, and help the body enter a state of deep rest.

Participants will also be invited to connect with their voices — through humming and simple intentional sounds. These practices encourage awareness of vibration in the body, gently stimulate breathing muscles, and create a sense of comfort and togetherness.

Justine and Jay are honoured to share this program, offering a safe space where participants can rest, notice their bodies, and connect — both with themselves and with one another — through the gentle power of breath, mindfulness, and sound.

We are excited to be able to offer the Mindfulness Meditation Program at the following sessions at the current locations:

If you are interested in registering for our Mindfulness Meditation program, please reach out to Sarah @ sarah@livingbetterwithparkinsons.ca or 705-607-6933.

Central Park Arena from 1:00pm - 2:30pm
85 Paterson St., Collingwood
705-443-7803

Wasaga Stars Arena from 1:00pm - 2:30pm
425 River Rd W, Wasaga Beach
705-429-0412

Please note that our first session will be 30 - 45 minutes long. During the 1st session Justine will be completing an assessment. All sessions after will run for the full 90 minutes.

8 Week Fall Session:

- Start date: Tuesday October 14th - Collingwood
- End date: Tuesday December 2 - Collingwood
- Start date: Thursday October 16th - Wasaga Beach
- End date: Thursday December 4th - Wasaga Beach

8 Week Winter Session:

- Start date: Tuesday January 6th - Collingwood
- End date: Tuesday February 24th - Collingwood
- Start date: Thursday January 8th - Wasaga Beach
- End date: Thursday February 26th - Wasaga Beach



8 Week Spring Session:

- Start date: Tuesday March 3rd - Collingwood
- End date: Tuesday April 21st - Collingwood
- Start date: Thursday March 5th - Wasaga Beach
- End date: Thursday April 23rd - Wasaga Beach

Items to bring with you:

- Yoga mat
- Pillow and/or block
- Blanket
- Water bottle

If you do not feel comfortable on the floor or have a difficult time getting down onto the floor, there will be chairs as well.





We look forward to seeing you there and soaking in all of the amazing benefits meditation provides your mind, body and spirit.

Please reach out to sarah@livingbetterwithparkinsons.ca or tracey@livingbetterwithparkinsons.ca to register or for more information.