

Maitri Healing News

Premiere Issue



Our Revitalized Website

The New Year is all about renewal, so we thought it was a perfect time to rejuvenate our website. Visit www.maitrihealing.com and see how we've grown.

Volume 1, Issue 1
January 2006

New: Reiki Instruction for Beginners

Harness the power of your own healing energy with Maitri Healing's Level 1 Reiki course. You'll learn the basics of Reiki principals both for self-treatment and practice on others. Contact Ramona Ng at (416) 727-7536 or ramona@maitrihealing.com for more information or to register.

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Beat the Winter Blah Bonus \$20 off

Save \$20 on your next Maitri Healing treatment session*. Simply bring in this coupon at your next appointment and you'll lighten your spirits without doing the same to your wallet.

Book by March 31, 2006 to take advantage of this offer!

*Note: some restrictions apply.

Services Grow to Meet Client Needs

Maitri Healing's full range of services now includes:

- CranioSacral Therapy
- SomatoEmotional Release
- Lymph Drainage Therapy
- Reflexology
- Reiki (treatment and instruction)
- Thai Yoga Massage

Maitri Healing (416) 727-7536

238 Mutual St.
Toronto, ON
M5B 2R4

SW corner of Mutual and Carlton
2 blocks east of College Subway Station.

Hours:

(by appointment only)

Tuesday	2:00-8:00 pm
Friday	2:00-8:00 pm
Saturday	9:00am-6:00 pm
Sunday	9:00am-6:00 pm

FREE SEMINAR

**Nutritional
Immunology and
Chronic Disease
Prevention**

Tuesday, Jan. 31st
7:00—8:30 pm

Speaker: Angela Shim

Call now to reserve
your spot!

WE'RE ON THE WEB!

www.maitrihealing.com



238 Mutual Street
Toronto, ON
M5B 2R4

Phone: (416) 727-7536

E-mail: ramona@maitrihealing.com

Website: www.maitrihealing.com

*"Go confidently in
the direction of your
dreams.
Live the life you
have imagined."*

-- Henry David Thoreau

QUICK TIPS: A NEW START TO A NEW YEAR

A new year is a fresh start. It promises of a new you: one that can quit smoking, lose weight, eat better or exercise more. If it feels like year after year you make a resolution just to break it a few weeks later, Maitri Healing's quick tips can help you stay on track.

Eat well. Drink lots of water, clean the junk out of the kitchen cupboards and start cooking. Need a push? Get inspiration from one of the latest cookbooks that helps you build a shopping list and prepare great-tasting, healthy meals in less than 30 minutes.

Get moving. Even short periods of physical activity—taking the stairs at work, parking further away from the mall and walking, etc—can boost digestion, sleep, energy levels and mood. Short bursts of cardio vascular exercise also offer added benefits to your heart.

Be realistic. Couch potatoes don't become marathon runners overnight. If you want to start exercising, try speed walking first then work your way up to a jog. Setting mini-goals can help you stay motivated as can small rewards to celebrate your achievements. Lead a consistent, balanced life-style and good health (and maybe even a trimmer you) will follow. Remember: slow and steady wins the race.

Plan it out. Your resolution is to "start exercising." But will you join a gym, take up hockey or practice yoga? Map out a *specific* course of action that lets you engage in your favourite activities. Be sure to account for logistical challenges like babysitting. Once you have a plan, find a way to schedule time into your day to make it work. Get up an hour earlier to exercise or try whipping up healthy recipes on the weekend and freeze them. Be sure to stick with the routine: research shows it only takes 14-21 days to develop a true habit.

Pal around. Working toward a goal is easier and more fun when you do it with a buddy. Give each other encouragement and support through the ups and downs.

Avoid the brain drain. Exercising your brain will improve its performance and longevity. Read books, do crossword puzzles or try out that art class. Any activity that gets you moving or thinking in new ways 'works out' your mind, keeps you fresh, and, studies suggest, even helps your brain stay 'in shape' as you age.

Be proactive. You invest in your future so why not invest in your present health? Make health-related expenses part of your annual budget and rather than waiting for a *breakdown* to arise, ensure your body gets a regular *tune up*. Treatments such as Lymph Drainage Therapy, CranioSacral Therapy and Reiki are all effective proactive ways to keep your body functioning at its peak.

This year, start down a path to great health and well being.

Call Maitri Healing for a consultation and discover the many ways we can help make 2006 your healthiest year ever!