

Maitri Healing News

www.maitrihealing.com



Phone: (416) 727-7536
E-mail: ramona@maitrihealing.com
Website: www.maitrihealing.com

Volume 2, Issue 1

Winter 2007

Beat the Winter Blah Bonus \$20 off

Ring in the new year by getting healthy! Save \$20 on your next Maitri Healing treatment session or Reiki class*. 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, 2007 to take advantage of this offer!

*Note: some restrictions apply.

Save on your next session! MH Referral Program

Maitri Healing is built on referrals. There is no better way of showing your trust in the power of holistic bodywork than by telling your friends and family. Share with your community the results you've had from your sessions and how they too could benefit from treatment.

If you give us their name, email and phone number, we will send them a discount coupon worth \$20 off their first session. And when they come in for treatment, we will then email you a coupon for \$20 off your next session!

Take advantage of this offer to share the gift of health with the people in your life!

www.maitrihealing.com/contact.asp



Bio-Mat Amethyst Professional
w/ Amethyst and Tourmaline Pillow

Imagine melting away your stress on an Amethyst Bio-Mat. The gentle warmth of the Bio-Mat gives you an overall massaging effect; soothing nerves and muscles. You'll feel rejuvenated and renewed in both body and mind.

The Bio-Mat is the only mat of its kind to combine Far Infrared Rays, Negative Ions, and Amethyst for a true mind, body, and spirit healing experience. Life force energy is restored and blockages are released, the body has the capacity to heal and bring itself back into balance. Let the Bio-Mat put you into a state where true relaxation and healing is achieved.

Regular use of the Bio-Mat can provide long-lasting benefits. It has been known to improve immune system function, improve skin, reduce stress & fatigue, ease joint pain & stiffness, burn calories and control weight, remove toxins, and relieve pain.

Package Pricing for 1/2 hour Bio-Mat sessions:

Individual session \$30

Package of 4 sessions \$100 (must be used within a 6 month period)

Package of 10 sessions \$200 (must be used within 1 year)

www.maitrihealing.com/products.html

**NEW! Maitri
Healing now
accepts
Interac, Visa
&
Mastercard!**

Inside this issue:

Beat the Winter Blah Bonus \$20 off 1

Save on your next session! MH Referral Program 1

NEW: MH now accepting Interac, Visa, MC 1

Amethyst Bio-Mat 1

What is Reiki and why should I care? 2

Maitri Healing Calendar of Events 2

238 Mutual Street
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

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

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

What you resist, persists.

- Carl Jung

**NEW! Maitri
Healing now
accepts
Interac, Visa
&
Mastercard!**

WHAT IS REIKI AND WHY SHOULD I CARE?

Reiki (pronounced RAY – key) is a Japanese method of hands on healing, thought to have originated as a Tibetan Buddhist practice that was later rediscovered by Dr. Mikao Usui.

A simple translation gives us Universal (Rei) Life Force Energy (Ki). Rei can also mean supernatural knowledge or spiritual consciousness. Ki represents the non-physical energy that animates all living things.

Reiki is non-religious and holds no specific doctrines. It will integrate with anyone's spiritual and religious philosophy. Reiki energy balances and harmonizes.

The Reiki practitioner channels this universal life force energy through their hands so that your body is able to utilize and integrate this energy for self healing.

Reiki is very easy to learn; there are no special skills needed. It can be very beneficial for parents to use with children to calm them down at bedtime or if they hurt themselves. It is also extremely effective with injuries, especially if given immediately. It can prevent someone from going into shock. Even for less serious injuries, Reiki can have an instant effect lessening pain and it will generally shorten recover time.

Reiki can be used on oneself or on others. What better way to ensure that you receive Reiki treatment as soon as you hurt yourself than to apply it yourself!

Keep reading to see how Reiki helped a twisted ankle. Maitri Healing offers Reiki Level I and II classes throughout the year. Our next Level I class will be February 10th & 11th. Early Bird Registration pricing ends January 26th. Call or email now for more information.

"It was several years ago that I last did a major twist of my ankle. I was obviously much younger and definitely much fitter and yet it took weeks for the pain to subside. In fact it was going on for so long that I twice went for x-rays to see if I had broken anything. I had not.

This week was the first time that I again went down and twisted my ankle equally as badly. The only difference this time was that you treated the sprain and the result—the pain has gone in two days. Two days versus several weeks; you are a miracle worker!

- Nick

(I was fortunate to be nearby so I was able to give Reiki energy immediately following the injury. Pain relief was immediate, and recover time shortened.)

Maitri Healing Calendar of Events

www.maitrihealing.com/events.html

Reiki Level I Certification Course

Saturday, February 10th & Sunday, February 11th

Cost: \$175 Early Bird Registration Price \$150 (until January 26th)

Harness the power of your own healing energy with Maitri Healing's Level 1 Reiki course. You'll learn the basics of Reiki principles both for self-treatment and practice on others

Health Evening

Tuesday, March 27th 7:00—10:00pm FREE

Join us for an informative and fun-filled evening that focuses on your health and wellbeing. We'll have talks, a guest speaker, demonstrations, free sample sessions and door prizes!

Maitri Healing topic: Lymph Drainage Therapy. Learn how this gentle & effective therapy can boost your immune system and help you avoid and get rid of colds and other winter ailments.

Guest Speaker: to be announced.