

Maitri Healing News

www.maitrihealing.com



Announcing Maitri Healing's New Referral Program!

Do you know someone who is stressed out? Someone in pain? Someone who has a chronic condition that could be improved with our services?

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. Summer is a natural time for socializing. 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 email them a discount coupon worth \$20 off their first session. And when they come in for treatment, we will also 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

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Website: www.maitrihealing.com

Volume 1, Issue 3

Summer 2006

Maitri Healing Calendar of Events www.maitrihealing.com/events.html

**Note: Maitri Healing will be closed from Friday, August 4th— Sunday, August 13th (inclusive). We will resume regular clinic hours on Tuesday, August 15th.*

Free Seminar on Nutritional Immunology and Chronic Disease Prevention

Tuesday, September 12th 7:00—9:00pm

Find out how diseases relate to the immune system. You will learn about the functions of the immune system, supporting your immune system, the emerging science of Nutritional Immunology and much more!

Maitri Healing Open House (in partnership with Unity Within Wellness Care)

Saturday, September 23rd 12:00—4:00pm

Bring your friends and family and join us for an exciting day of demonstrations, lectures, raffles, food, and fun!

Reiki Level I Certification Course

Saturday, September 30th & Sunday, October 1st

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. Early Bird Pricing in effect until September 1st.

Reiki Level II Certification Course

Friday, October 13th - Sunday, October 15th

Continue your Reiki education by learning powerful Reiki symbols, distant healing and much more. Pre-requisite Reiki Level I. Contact Ramona to discuss if you studied Level I with another Reiki Master. Early Bird Pricing in effect until September 15th.

Kinotakara Detox Foot Patches

Detoxify while you sleep! These patches are made with all natural ingredients and use far-infrared and negative ion technology to draw toxins from your body into the pad, which is discarded in the morning.

Use of the pads can improve circulation, reduce pain and swelling, strengthen the immune system and function of the inner organs.

Visit our website at www.maitrihealing.com/products.html or contact Ramona for more information.



Inside this issue:

Announcing our New Referral Program 1

Maitri Healing Calendar of Events 1

Kinotakara Detox Foot Patches 1

Oh those Lazy, Hazy Days of Summer..... 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!

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*Be the change you
wish to see in the
world.*

- Mahatma Ghandi

OH, THOSE LAZY, HAZY DAYS OF SUMMER.....

The good weather is finally upon us, and with the kids out of school it's time to concentrate on some relaxation and rejuvenation.

I've included here some suggestions and tips on how to make the most of this summer, while being safe and healthy!

Eat lightly. When the weather turns hotter, many people naturally find themselves eating lighter fare—less starches, more fruits & vegetables. This is great, just be sure that you are nourishing yourself properly (ice cream is not a meal!).

Drink lots of clean, filtered water. Drink lots of water, ideally 1.5 to 2 litres per day, more if you're exercising. In the summertime, we perspire more so we need to drink more to replenish that fluid. Don't fall into the trap of drinking lots of sugary drinks. If you want a change from plain water, try sparkling water with a squeeze of fresh lemon or lime.

Get moving! The good weather brings many opportunities for fun, physical activities such as bike riding, outdoor volleyball, Frisbee etc. Take advantage and have some fun at the same time.

Cover up! We need a small amount of exposure to the sun in order for our bodies to produce Vitamin D. However, there is still a very real danger of premature aging and skin cancer from too much exposure to the sun. Wear a hat and cover up during the strong midday hours between 11am—2pm. The Australian government had a great awareness campaign a few years back that I loved. It was called *Slip, Slap, Slop!* Slip into a shirt, slap on a hat, and slop on the sunscreen. Choose a sunscreen that is PABA free.

Avoid strenuous exercise during midday hours. Along with avoiding too much direct exposure to the sun, it's best not to exercise strenuously in very hot temperatures or when the air quality index shows a high level of pollutants in the air. Be kind to your lungs!

Get out of the city. In Canada, we treasure our cottage time in the summer. Don't have a cottage? There are so many beautiful places to visit not far outside the city. Do an internet search for day trips and hikes that the whole family can enjoy. Spending time outside of your normal environment can be amazingly refreshing.

Take time for yourself. One of the most important requirements of rejuvenation is to take time to rest. Don't spend your summer running around from one activity to the next. Make sure you schedule some downtime for yourself and the kids. Read a book—*The Kite Runner* by Khaled Hosseini was a recent fave of my book club. See a movie - *An Inconvenient Truth* is a important film that is appropriate for the whole family. I highly encourage everyone to get out and see this. It will make you re-evaluate your footprint on the earth.

Support your renewal with self care. Come in for a session to get you relaxed and de-stressed quickly! Call or visit our website at www.maitrihealing.com/services.html to find out what treatment would be most appropriate for you.

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