

Maitri Healing News

www.maitrihealing.com



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Spring Cleaning Special \$165 for 3 sessions of LDT*

Experience the cleansing benefits of Lymph Drainage Therapy! You get 3 one hour sessions for \$165 (that's a savings of \$60). This offer also entitles you to purchase any of our cleansing products at wholesale prices.

Your first session must be booked by June 30th All three sessions must be used within one month of the first treatment.

*Note: some restrictions apply. Please mention this offer when booking your appointment.

Volume 2, Issue 2

Spring 2007

Save on your next session! Maitri Healing 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

Reiki Level II Certification Course

May 11th—13th, 2007

- Increase your channelling of healing energy with powerful Reiki symbols
- Learn distant healing techniques

If you studied Reiki I with another Reiki Master, it works best if you audit a Level I course.

Contact Ramona at (416) 727-7536 or ramona@maitrihealing.com for more information or to register.

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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

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

Free Health Evening

Tuesday, April 17th 7:00—9:30pm

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: CranioSacral Therapy. Find out how this gentle, hands on therapy can help you release old blockages in your tissues.

Guest Speakers: Ekua Akala Walcott & Alena Nyvltova, Greater Mind International
Create power and control in your life by, transforming old patterns or behaviours

Reiki Level II Certification Course (Pre-requisite Reiki Level I)

Friday, May 11th—Sunday, May 13th

Cost \$350 Early Bird Registration price \$300 in effect until May 1st

Continue your Reiki education by learning powerful Reiki symbols, distant healing and much more. Contact Ramona to discuss if you studied Level I with another Reiki Master.

Free Health Evening (see above)

Tuesday, May 22nd 7:00—9:30pm

Maitri Healing topic: Stress & its Effect on Your Body

Guest Speaker: Joan Bowley from Attain Greatness

Experience an exercise in disappearing anxiety and in stress reduction. Learn how to succeed in controlling pain, stop smoking, and getting results in any area of life that you want!

WE'RE ON THE WEB!

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The only real mistake is the one from which we learn nothing.

- John Powell

**The Taxman
Cometh!**
**Please note that our
rates have increased
slightly to include the
GST.**

LYMPH DRAINAGE THERAPY:

BOOST YOUR IMMUNE SYSTEM & DETOXYFY YOUR TISSUES!

The proper functioning of the lymphatic system is critical to our body's ability to drain stagnant fluids, detoxify, regenerate tissues, filter out toxins and foreign substances, and maintain a healthy immune system (Asdonk, 1970, Adair & Guyton, 1982).

Lymph vessels rely upon hundreds of tiny muscular units contracting throughout the body to propel lymph flow (Mislin, 1961). These contractions enable the lymph vessels to transport numerous substances (ie. proteins, toxins, hormones, fatty acids, immune cells) to lymph nodes, which can then process them. The action of these muscular units can be hindered or stopped, however, due to surgery, trauma, burns, infections, substantial swelling, fatigue, stress, or age. When the lymph circulation stagnates, fluids, proteins, cells and toxins accumulate, and cellular functioning is significantly compromised (Adair, Guyton, 1982). This may open the way to many physical ailments and hasten the aging process.

Lymphatic drainage is a hands-on technique designed to attain and sustain proper functioning of the human fluid system. The Lymph Drainage Therapy process involves the use of gentle manual maneuvers to aid in the recirculation of body fluids, stimulate functioning of the immune system, and promote a state of relaxation and balance within the autonomic nervous system.

What can you do right now to support your lymphatic system?

The lymphatic system pumps only about 1.5—3 litres of fluid a day, but a healthy person's system can accommodate 10—20 litres. There are actions you can take on your own to take advantage of this unused capacity in your lymphatic system.

- Deep breathing—this has been shown to help circulation of the lymph, particularly in the thoracic duct, the largest vessel in the lymphatic system.
- Get moving! During exercise, the deep lymphatic circulation increases 5 to 15 times (Guyton, 1985). Swimming, with the added benefit of external compression, and walking are some of the best ways to increase lymph circulation.
- Manual Therapy—70% of the lymph circulation happens just under the skin. This superficial lymphatic circulation is not directly affected by exercise so Lymph Drainage Therapy can be particularly useful for moving the superficial lymph system.

It is worthwhile noting that the increased circulatory effect lasts 48—72 hours so self-care helps to maintain the higher rate of circulation and goes a long way towards increasing the benefits from your paid sessions.

Contact Ramona at (416) 727-7536 or ramona@maitrihealing.com to take advantage of our Spring Promotion of 3 one hour sessions of Lymph Drainage Therapy for \$165.

www.maitrihealing.com/services.html



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.