

Maitri Healing News

www.maitrihealing.com



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Website: www.maitrihealing.com

Fall Promotion: 30 minute Bio-Mat sessions for \$20

Take advantage of this special Introductory Rate for the remainder of 2006! Save 1/3 off the regular Bio-Mat session price. Our new Amethyst Bio-Mat will envelop you in a soothing warmth that is both relaxing and therapeutic. Read on for more detailed information on the benefits of the Bio-Mat.

Enjoy as many 30 minute sessions as you like for the low price of \$20.



Bio-Mat Amethyst Professional
w/ Amethyst and Tourmaline Pillow

Introducing our new Amethyst Bio-Mat featuring Far Infrared and Negative Ion Technology

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.

www.maitrihealing.com/products.html

Have you ever wondered what on earth CranioSacral Therapy really is? What are those posters in the office with all the lines? Why is there a coloured skull on the shelf? What exactly does my lymphatic system do? Now you can find out!

Gather 4 or 5 friends and host a **Home Health Party**. There will be demonstrations, sample treatments, lots of Q & A time, and gifts for you and your guests.

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

"I've experienced some of the benefits of Ramona's work in the past. But, I've always been left with tons of questions about how and why it works. My Home Health Party was the perfect way for me and my friends to learn more about complementary body work and sample some of the treatments. In a comfortable, friendly and non-rushed environment we were able to learn from Ramona's demonstrations and answers to our questions. An added bonus was not only experiencing the treatments but seeing the effects on other people. We loved the Thai Massage and Bio-Mat! It was a really beneficial, relaxing and fun evening ... I'll definitely do it again." ~ Judi Hughes

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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

WE'RE ON THE WEB!

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*We did not inherit
the Earth from our
parents;*

*We are borrowing it
from our children.*

- Ancient African proverb

Maitri Healing Calendar of Events

www.maitrihealing.com/events.html

**Note: Maitri Healing will be closed from October 24th— November 7th (inclusive). We will resume regular clinic hours on Friday, November 10th.*

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

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.

Free Lunch and Learn seminar at the Central Eglinton Community Centre
160 Eglinton Avenue East

Thursday, October 19th 12:00—1:00pm

Join us for the free talk about How Stress Affects Your Body and what you can do about it. Call to register at (416) 392-0511.

Maitri Healing's 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. 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 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

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.

