



eBlast Update

Friday, March 28, 2008

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10th Annual Friends for Life Bike Rally

On July 27th, 2008 the 10th Annual Friends For Life Bike Rally will hit the road! Our goal is to raise much needed funds for the Toronto People With AIDS Foundation. For six days, over 300 cyclists will ride more than 600km from Toronto to Montreal, while our crew of dedicated volunteers will provide support along the way. **Register. Donate. Learn.** Please visit www.bikerally.org.

As long as there's a reason... there's a ride.

THE TORONTO PEOPLE WITH AIDS FOUNDATION

10th ANNUAL FRIENDS FOR LIFE BIKE RALLY

FROM TORONTO TO MONTREAL
JUL 27-AUG 1, 2008

REGISTER TODAY!
10th Year Anniversary
Visit us online for info on new ride options!
www.bikerally.org

As long as there's a reason... there's a ride.

Register. Donate. Learn.

www.bikerally.org

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PWA Welcomes Back Reiki

With Spanish and Portuguese speaking Marie Laso-Barros Reiki Master

Reiki is a form of spiritual practice used as a complementary therapy for the treatment of physical, emotional, and mental diseases. Mikao Usui developed Reiki in the mid 19th century Japan, where he said he received the ability of 'healing without energy depletion' after three weeks of fasting and meditating on Mount Kurama. Practitioners use a technique similar to the laying on of hands, which they say will channel "healing energy" (ki). Practitioners state that energy flows through their palms to bring about healing and that the method can also be used for self-treatment as well as treatment of others.

The treatment proceeds with the practitioner placing his hands on the recipient in various positions. However, some practitioners use a non-touching technique, where the hands are held a few centimeters away from the recipient's body, for some or all of the positions. The hands are usually kept still for 3 to 5 minutes before moving to the next positions. Overall, the hand positions usually give a general coverage of the head, the front and back of the torso, the knees and feet. Between 12 and 20 positions are used, with the whole treatment lasting 45 to 90 minutes.

Some practitioners used a fixed set of hand positions. Others use their intuition to guide them as to where treatment is needed, sometimes starting the treatment with 'scan' of the recipient to find such areas. The intuitive approach might also lead to individual positions being treated for much shorter or longer periods of time.

It is reported that the recipient often feels warmth or tingling in the area being treated, even when a non-touching approach is being used. A state of deep relaxation, combined with a general feeling of well-being is usually the most noticeable immediate effect of the treatment, although emotional releases can also occur.

Appointments will be on Fridays from 10:00am – 4:00pm to book your appointment with Marie, please call Kevin Borden, Programs Coordinator at 416-506-8606 ext. 633 or by email at kborden@pwateronto.org.

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PWA Welcomes Back Seiki Shiatsu

Therapist Christopher Langford RST

Chris Trained as a Zen Shiatsu Therapist in Vancouver, Canada at Sourcepoint Shiatsu Centre, through Langara College Continuing Studies Department, and holds a diploma in Shiatsu Therapy.

After graduating in 2005, Chris practiced in the UK for a year as a member of the British Shiatsu Society, and then returned to Canada, where he is currently living and practicing in Toronto, Ontario.

Shiatsu is a traditional Japanese form of therapeutic body work with roots in Chinese medicine. It can be helpful in treating a number conditions and promoting general health and wellbeing. The treatment itself is profoundly relaxing and can help with managing the stress we encounter in our daily lives.

Shiatsu combines the western knowledge of anatomy and physiology, with the ancient wisdom of Chinese medical philosophy. Using gentle pressure applied with thumbs, elbows, and knees, combined with gentle stretches, shiatsu can help release tension, relieve stress and balance the energy of the body.

Shiatsu & HIV

HIV and the drug therapies used in its treatment can produce a number of uncomfortable and distressing symptoms and side effects.

Digestive upset, head aches, night sweats, fatigue, insomnia, depression, anxiety and stress are all common symptoms and side effects of the disease and the anti-retroviral drugs.

Great improvements are being made in both the efficacy of drugs, and to lessen their complications, however complementary therapies such as Shiatsu can be helpful in managing both symptoms and side effects, most notably those related to digestion.

Shiatsu can also help in combating stress and depression which are often a factor for people living with HIV and AIDS, and those who's partner or loved ones have been diagnosed.

Appointments will be on Fridays between 11:00am – 3:00pm. To book your appointment with Chris, please call Kevin Borden, Programs Coordinator at 416-506-8606 ext. 633 or by email at kborden@pwatoronto.org.

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What is Therapeutic Touch?

As part of the Health Promotion programs at PWA, Therapeutic Touch is one of the massage programs we offer. Therapeutic Touch is wildly misunderstood and therefore many false assumptions are formed. We would like to provide you with a clear overview of this very beneficial therapy. With Therapeutic Touch, there is light touching on the knees, tops of foot and tops of hands. Clients are completely clothed and sessions last approximately 20 minutes.

Basic Assumptions:

A human being is an energy **“field”**. This **“field”** permeates space and becomes more concentrated within and around living organisms.

In a state of health energy flows freely in through and out of the field in an organized, balanced manner.

In a state of Dis-ease or injury the field is: obstructed, disturbed, disordered and depleted.

Healing is an intrinsic movement toward order within living organisms, this ability to heal, to restore wholeness, is an innate capacity or tendency in all living things.

Our intent in Therapeutic Touch is to restore order in the field, and to change the energy in the direction of wholeness and health. We assist nature to re-establish order. Our intent and nature's is the same!

Clients of PWA can book a Therapeutic Touch session through Kevin Borden, Programs Coordinator at 416-506-8606 ext. 633 or by email at kborden@pwatoronto.org.

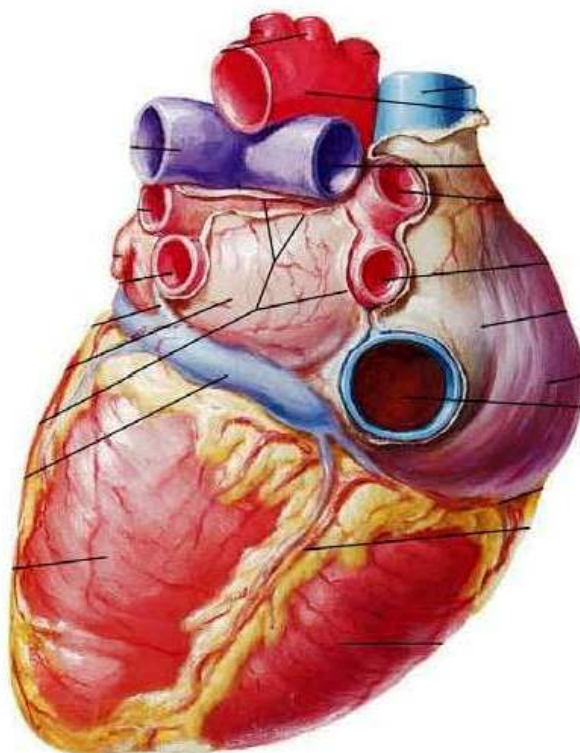
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Treatment Topic of the Month

Each month, PWA provides a wide range of treatment and wellness information in the form of Treatment Topic of the Month. The Treatment Topic of the Month is a holistic treatment guide that includes information on medications/treatment, nutrition and complementary therapies. To access this information, all you need to do is click on the graphic. Keep checking back each month to see the new Treatment Topic of the Month. You can also visit our reception to see the poster version of the most current monthly topic.

Treatment Topic of the Month

Take Care of Your Heart! Understanding Hyperlipidemia A Holistic Treatment Guide



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PWA Treatment Resources Program

Confused About Treatment?



Understanding HIV treatment can be confusing and overwhelming.

The Toronto People With AIDS Foundation offers free and confidential one-on-one treatment counseling using clear, plain language information about HIV, medications, side effects and alternative therapies.

Most importantly, we are here to listen to you!

We Provide Information About;

- *HIV Medications*
- *When to start treatment*
- *Dealing with side-effects*
- *Tips for staying healthy*
- *Nutrition and supplements*
- *Alternative/Complementary Medicine*
- *Finding a Doctor*
- *Community and Health resources*

**Interpretation Services and Childcare Stipend
Available Upon Request**

For more information contact;

Rebecca Gower, Treatment Resources Coordinator

416-506-1400 x 627; E-mail: rgower@pwatoronto.org

In person: The Toronto People With AIDS Foundation
399 Church Street, 2nd Floor

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Energy Healing Workshops and Treatment

The 4th Tuesday of each month in Room 220 there is an Energy Healing Workshop for clients of PWA. In the words of Speakers Bureau Programs Coordinator Greg Downer, "I've always believed that the mind has the ability to help control the body." Our emotions, especially the bad/negative ones, are connected to energy in the body. When we hold on to the negative/bad emotions they can actually translate into physical ills. The Energy Healing Workshop is led by a group of Reiki Therapists who help you to channel the energy in your body in such a way that helps to heal these old emotional wounds and to heal the body. "It is truly an amazing experience and I can not explain it other than to say it works for me." To register please sign up at the PWA reception desk or call Greg at 416-506-8606 ext. 625.

ENERGY HEALING WORKSHOP AND TREATMENT



for PHAs & clients of PWA

Tues. Apr. 22nd 11am -2:00pm

177 Mutual St. Buzz 270 (2nd floor Party Room)

Please note that the buzzer will not be answered after 11am

With guest Traditional Medicine Man Manyhorses

from the Witsuwiten Nation B.C.

Come and experience the power of energy healing. Manyhorses is known as the #1 Traditional Medicine Man in Canada. He has done two T.V. series on his work on APTN. It was their most watched program and they received a lot of calls and letters wanting him back. His latest series started Feb. 2008.

Manyhorses comes to Ontario twice a year and has offered to visit with you for this special day. His students carry on his teachings when he's not there.

During the workshop, Manyhorses will teach you Absolute Truth in the Purest Form. While he talks, the energies in the body, that are not there to help the body heal, begin to leave. The therapists that will be working with Manyhorses that day will be doing the work he taught them. First they build the energy at the feet and then they open the chakras. They will ask you to take deep breaths at which time they will remove energies from the body that are not there to help us heal. When all is clear and open we will have room to allow in divine love and light energy. Love is the strongest healing energy and the highest vibration available to mankind. He may guide us through his affirmation. This is a prayer that was given to him by those that walk with him. Although Ascended Masters, Guides and Teachers are all one in the Universe, it is only man that has named them for their own religion. They are really all one.

Most of the table work is done about 2" above the body and the clearing is done over the clothing. Manyhorses uses smudge, tobacco, crystals and essential oils during the workshop. Sometimes people offer him tobacco wrapped in a red cloth which he takes back to B.C. He uses this offering to do prayers for healing and protection for those that he's seen. To his people, tobacco is sacred.

To get more information on Manyhorses, please visit www.shiatsubysheer.com any comments or questions can be sent to sher@shiatsubysheer.com Sher works with a team of volunteers that visit PWA on a monthly basis since Jan. 2007. Please contact Greg 416-506-8606 ext. 625 for times and dates of future Energy Healing Workshops with Sher and Team. Please sign up at PWA Reception Desk.

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PWA Theatre Access Program

60% of people living with HIV/AIDS in Canada live in poverty and social isolation. The Theatre Access Program exists to find free opportunities for our over 5000+ clients to engage in the many social, cultural and recreational activities that they otherwise simply could not afford. If you, or someone you know, is in a position to donate tickets to PWA please contact Greg Downer at 416-506-8606 ext. 625 or via email at programs@pwatoronto.org.

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The Imperial Court of Toronto (TICOT)

TICOT Events: (please visit www.theimperialcourtoftoronto.com)



Since 1987, under the leadership of 31 elected Monarchs, The Imperial Court of Toronto has entertained thousands, held many successful events and raised money for a number of local charities.

The Toronto People With AIDS Foundation is the beneficiary for 2007/2008.

1. April 6th – Way Off Broadway at Play on Church from 9:00 – 11:30pm



2. April 13th – Dubarry Community Awards at Play on Church from 9:00 – 11:30pm



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Help us make a positive difference



I'd like to help people living with HIV or AIDS.

I'm making a: one time gift monthly gift

Please find enclosed my gift of:

\$50 \$35 \$20 Other: \$

I'd like to pay by: cash cheque credit card

Credit Card information: VISA M/C AMEX

Card #:

Expiry:

Signature:

First Name Last Name

Address

City Province

Postal Code Phone

email

Gifts of \$20 or more will receive a charitable tax receipt.

Toronto People With AIDS Foundation

399 Church Street, 2nd Floor, Toronto, ON M5B 2J6

Tel.: 416-506-1400 Fax: 416-506-1404 info@pwatoronto.org www.pwatoronto.org

Charitable Registration #: 13111 3151 RR0001

Donate online at www.pwatoronto.org



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