



## **eBlast Update**

**Monday, February 11, 2008**

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## 10<sup>th</sup> Annual Friends for Life Bike Rally Launch Party

Wednesday February 13<sup>th</sup>, 2008

**FLY Nightclub**

8 Gloucester Street (at Yonge)

7:00 – 9:00pm

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

The 10<sup>th</sup> Annual Launch Party kicks it all off, and WE WANT YOU to be there with us.

Come join us at FLY Nightclub on February 13<sup>th</sup> to **Register. Donate. Learn.** Returning participants can catch up with old friends and register for this year's event. New participants can obtain more information by talking to past participants and the members of the 2008 Steering Committee. We'll also be "unveiling" some of the exciting initiatives we are taking on for the 10<sup>th</sup> year. This party is not to be missed!



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## Most Honoured Group for Pride 2008

The Toronto People With AIDS Foundation – Friends for Life Bike Rally has been chosen by Pride Toronto as the Honoured Group. The Grand Marshal and Honoured Group lead the Pride Parade and represent the values, achievements, struggles, histories, creative capacity and richness of the LGBTTIQ2S communities. The selection of the 10<sup>th</sup> Annual Friends for Life Bike Rally is a statement from our community recognizing and celebrating their achievements and/or supporting their ongoing struggles.

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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 19<sup>th</sup> 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](mailto: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](mailto: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](mailto:kborden@pwatoronto.org).

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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](mailto:rgower@pwatoronto.org)

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

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## Energy Healing Workshops and Treatment

The 4<sup>th</sup> 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 WORKSHOPS AND TREATMENTS



for clients of the Toronto People with AIDS  
Foundation in Rm. 220 at 399 Church St.  
4<sup>th</sup> Tuesday of each month.

**Next session: Tues. Feb. 26<sup>th</sup> @ noon**

Please note that doors will close at 12pm, if you are late you can reschedule for the following month.

This workshop will be provided on a monthly basis, there will be 7 Reiki therapists working with a group of 20 people. Our intent and purpose is to teach the grounding techniques that empower us to heal ourselves. We would also like to share hands on energy healing treatments with you. Throughout the treatment you will be clothed, hands will rest in various places of the body; however there is no pressure, manipulation or massaging involved. Session ends 2:30p.m.

- learn how to clear mental, emotional and physical blocks/traumas by working with energy
  - feel what it's like to experience your true self
  - experience the power of group healing

**For more information about what energy healing is visit [www.shiatsubysheer.com](http://www.shiatsubysheer.com). Please do not call Sher for information about booking a workshop.**

**If interested in attending please sign up at PWA reception. Or call 416 506-8606 ext. #625 and leave your name and phone number and someone will contact you to confirm your booking. You may attend on an ongoing monthly basis.**

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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](mailto:programs@pwatoronto.org).

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## The Imperial Court of Toronto (TICOT)

**TICOT Events:** (please visit [www.theimperialcourtoftoronto.com](http://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. February 14<sup>th</sup> – TICOT State Dinner at Café California from 6:30 – 8:30pm
2. February 14<sup>th</sup> – Madame's 4<sup>th</sup> Annual Love Fest at Play on Church from 9:00 – 11:00pm
3. February 24<sup>th</sup> – Candice's Birthday Show at Play on Church from 9:00 – 11:00pm

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## Upcoming Events

1. [10th Annual Friends For Life Bike Rally Launch Party](#) – February 13<sup>th</sup>

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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](http://www.pwatoronto.org)



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