

Tonic Tidbits

CRYSTAL THERAPY

Lapis Lazuli - A brilliant blue mineral flecked with gold, lapis lazuli looks like the night sky. It is considered to be a stone of friendship and of teachers. It resonates with the third eye chakra (or energy centre). As such it supports the opening of intuition and imagination for positive, creative purposes. Lapis lazuli is a protective stone and encourages taking charge of life. It relieves stress as it encourages self-awareness and self-expression.

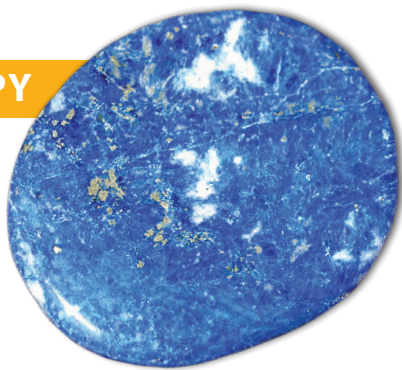
Affirmation: "I use my imagination for positive, creative purposes."

Enzina

~Crystal Yoga

Instructor

www.TheRisingSun.ca



AppleTree Market is proud to announce its new **"Music at the Market"** program. Each week a new musician or group will be featured, with genres ranging from jazz, to classical guitar, to children's music. This project allows for the Market's promotion of community through local producers and farmers to spill over into the arts. The fresh-air concerts are free of charge (although donations will be welcome!) and located in the North Toronto Community Garden... the perfect place to spread out a blanket, snack on the Market's many delicious offerings and let yourself be entertained. Every Thursday from 3 p.m. – 7 p.m., starting April 23rd at The Yonge-Eglinton AppleTree Market (200 Eglinton Avenue West, behind the North Toronto Memorial Community Centre).

MAY 31ST IS WORLD ANTI- TOBACCO DAY

This yearly commemoration informs the public on the dangers of using tobacco, the business practices of tobacco companies and what the World Health Organization is doing to fight the tobacco epidemic. Tobacco is the leading preventable cause of death. Each year, more than five million people die from the effects of tobacco — more than from HIV/AIDS, malaria and tuberculosis combined. It is the only legal consumer product that kills when used, exactly as the manufacturer intends. Up to half of all smokers will die from a tobacco-related disease. Second-hand smoke harms everyone who is exposed to it. The theme for this year is "Tobacco Health Warnings." www.who.int/tobacco/communications/events/wntd/en/

