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BE STILL.**

Urban Retreat with
Andre & Catalina



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MOVEMENT CENTRE

SPIRIT LOFT
LIVESTREAM EVENTS
with Special Guests



**Fighting
Monkey**
with Linda Kapetanea
and Jozef Frucek



MAY 21 & MAY 22
SIGN UP AT LINK IN BIO



WEIGHTLESSNESS
with Almog Loventhal

OCTOBER 4TH - 6TH, 2019

SPIRIT LOFT MOVEMENT CENTRE, TORONTO




**CLEAN HAND
CARING HAND**

Hand Sanitizer

Apply to palm of
hand

Cover all surfaces
of both hands

Continue for 20-30
seconds until hands
are dry




SPIRIT LOFT

**MINDFULNESS
MEDITATION**
with Andre & the Spirit Loft Community

Sit, Talk and Discussion

SATURDAY 9-10 AM VIA ZOOM - LINK IN BIO

SPIRITLOFT.COM

Moving into Stillness
a NEW YEAR'S EVE practice
with Andre & Catalina






SPIRIT LOFT

DECEMBER 31ST, 1-3PM

SPRINT LAB
WITH ANDRE TALBOT

Andre Talbot has spent most of his life training for speed, agility and explosiveness. His dedication took him to elite levels of success as an athlete garnering him All-Canadian status, a Grey Cup Championship and 10 years as a professional football player in the CFL. As a movement educator, and co-founder of Spirit Loft Movement Centre in Toronto, Andre brings

HONOUR
YOUR PRACTICE TIME
AND UNPLUG





THE FACTS OF LIFEWEAR

HOW UNIQLO'S LIFEWEAR LETS YOU THRIVE IN STYLE THIS FALL, THIS WINTER & BEYOND

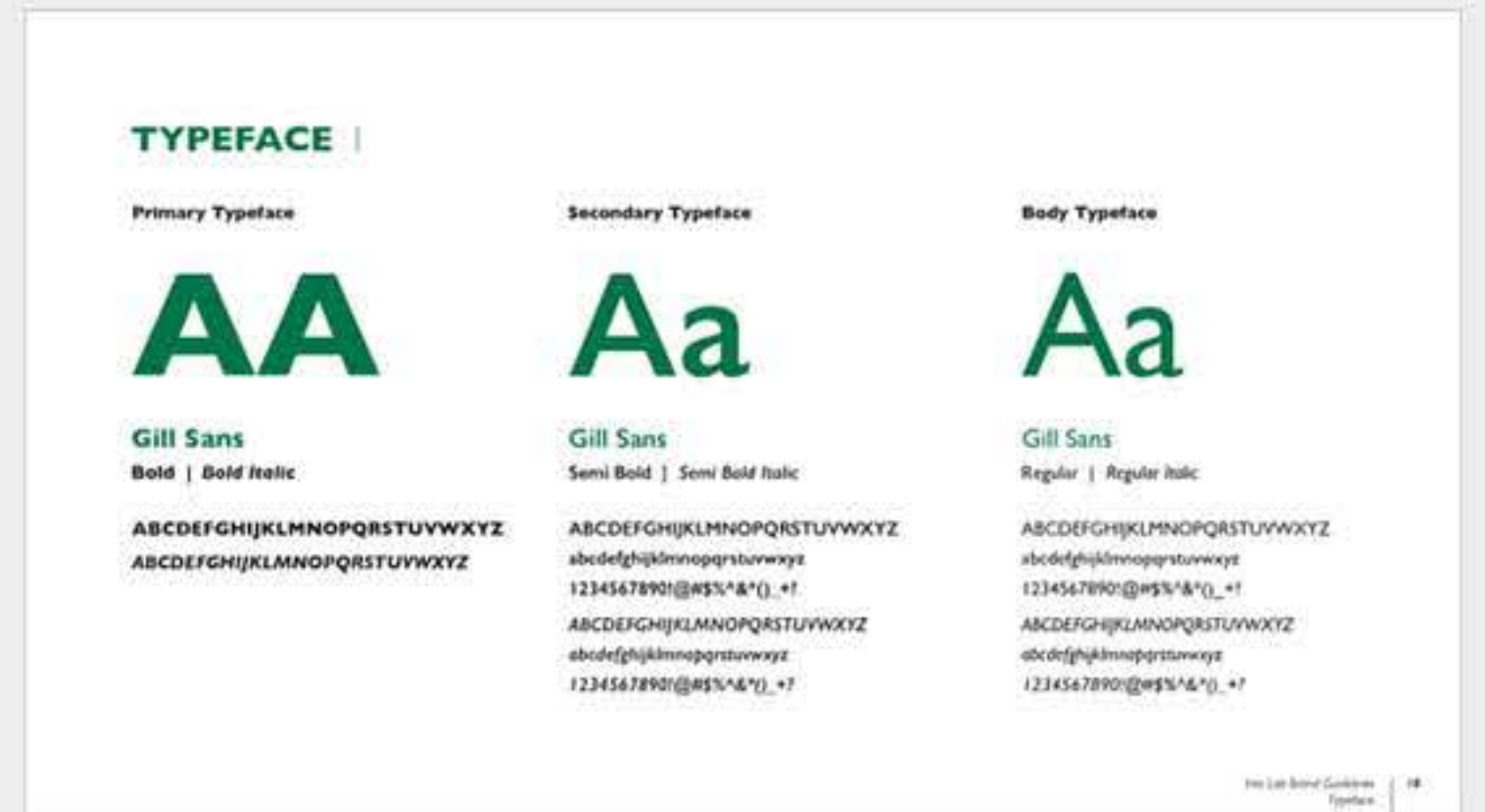
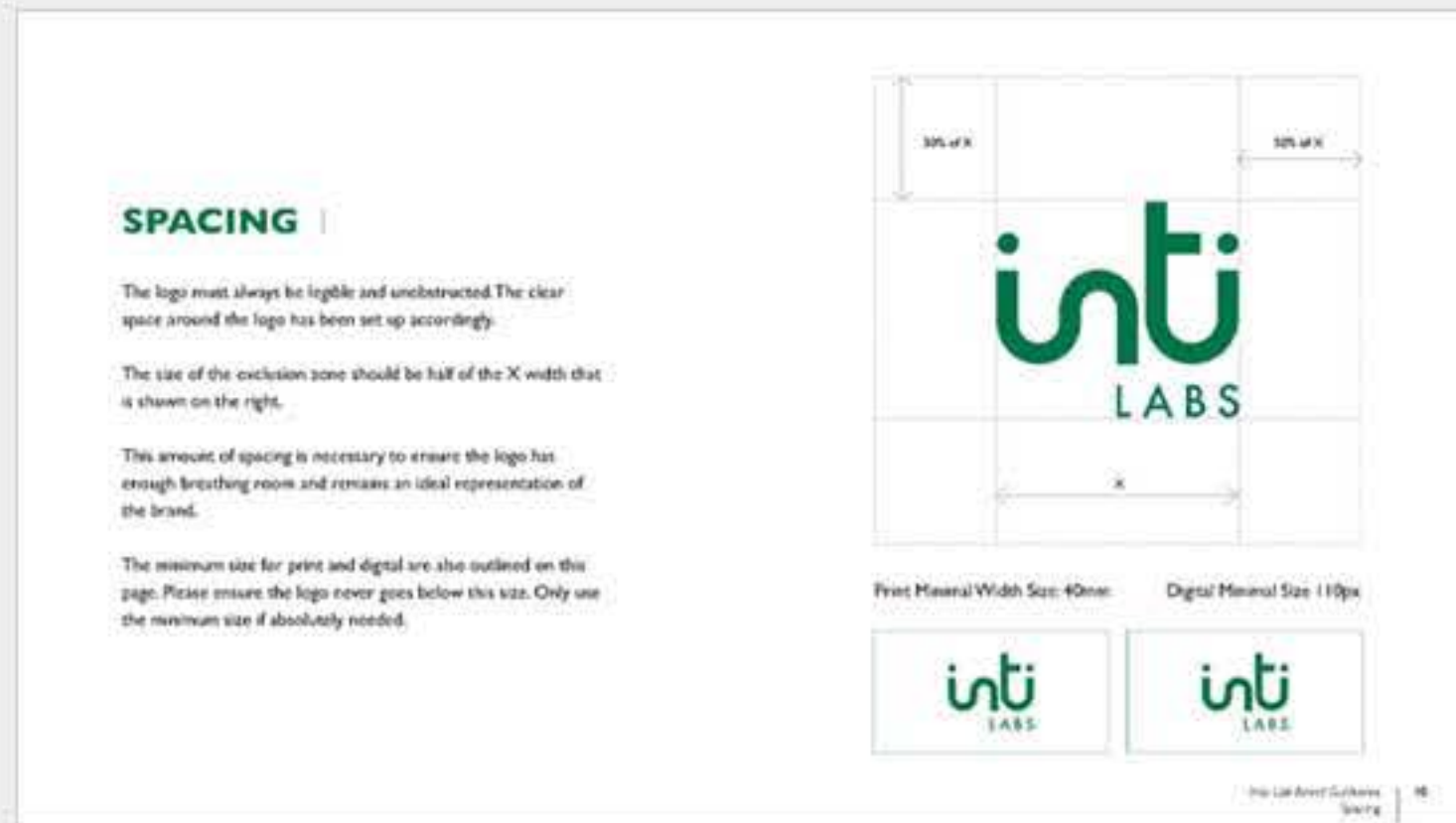
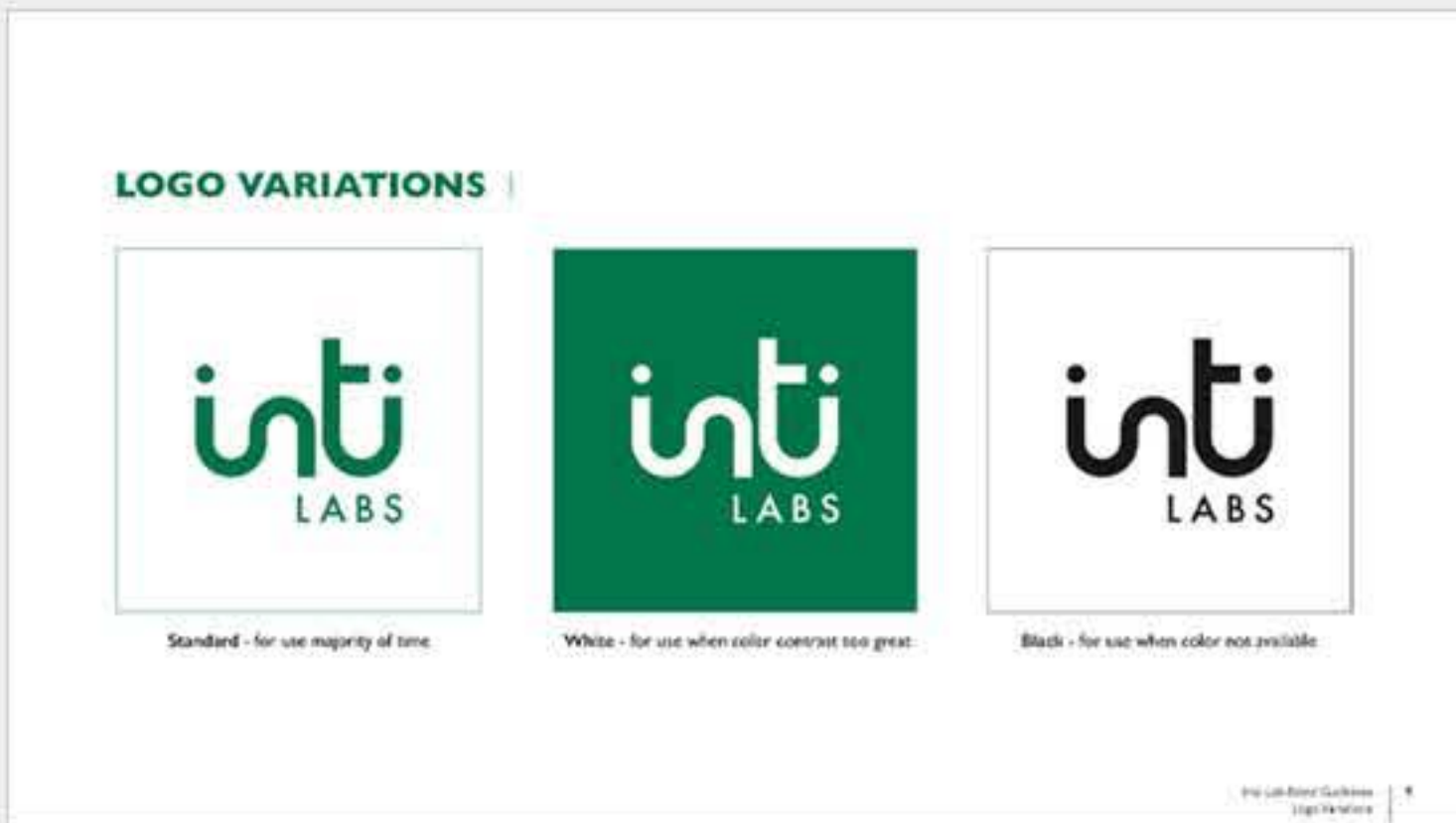
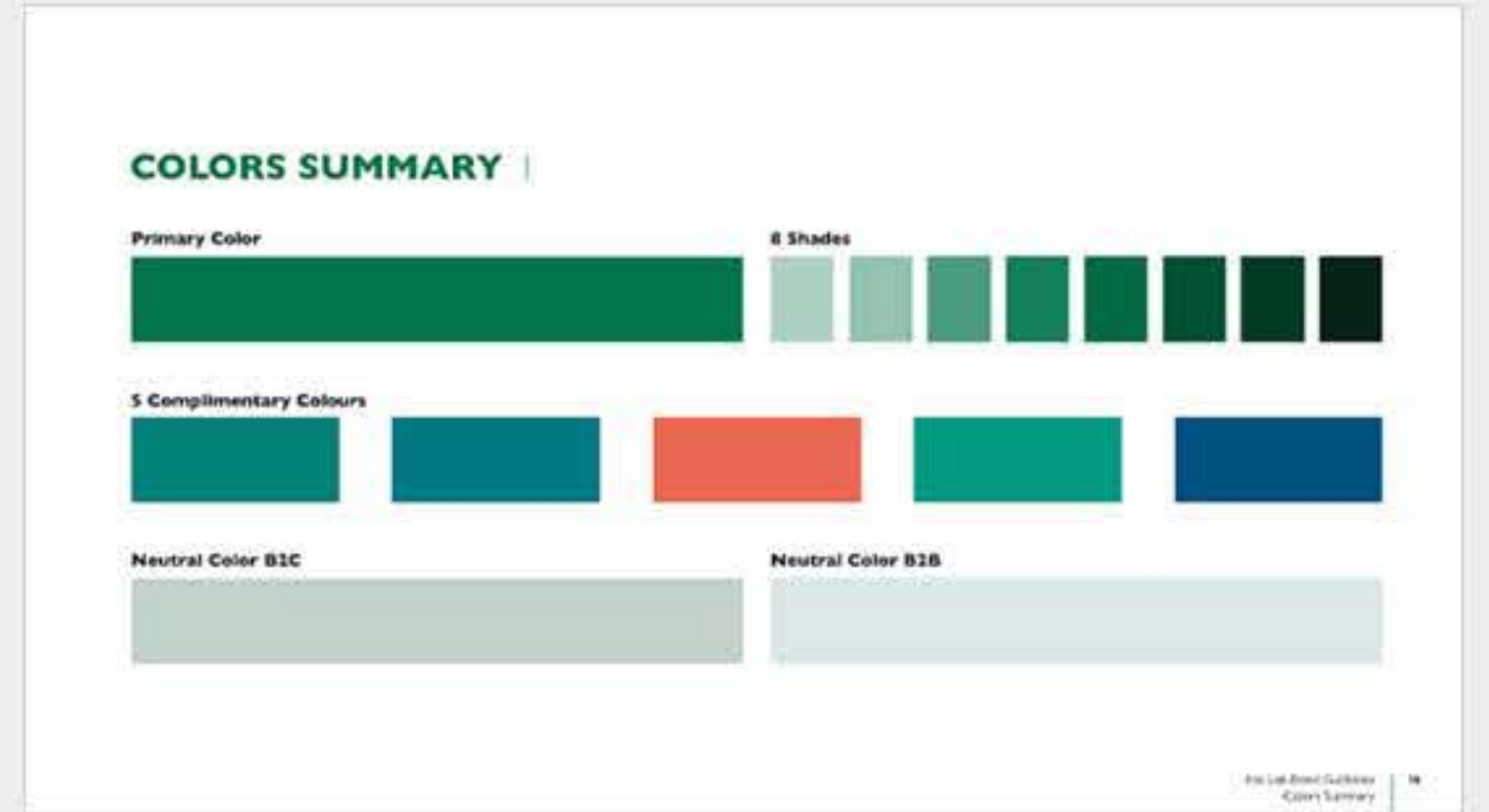
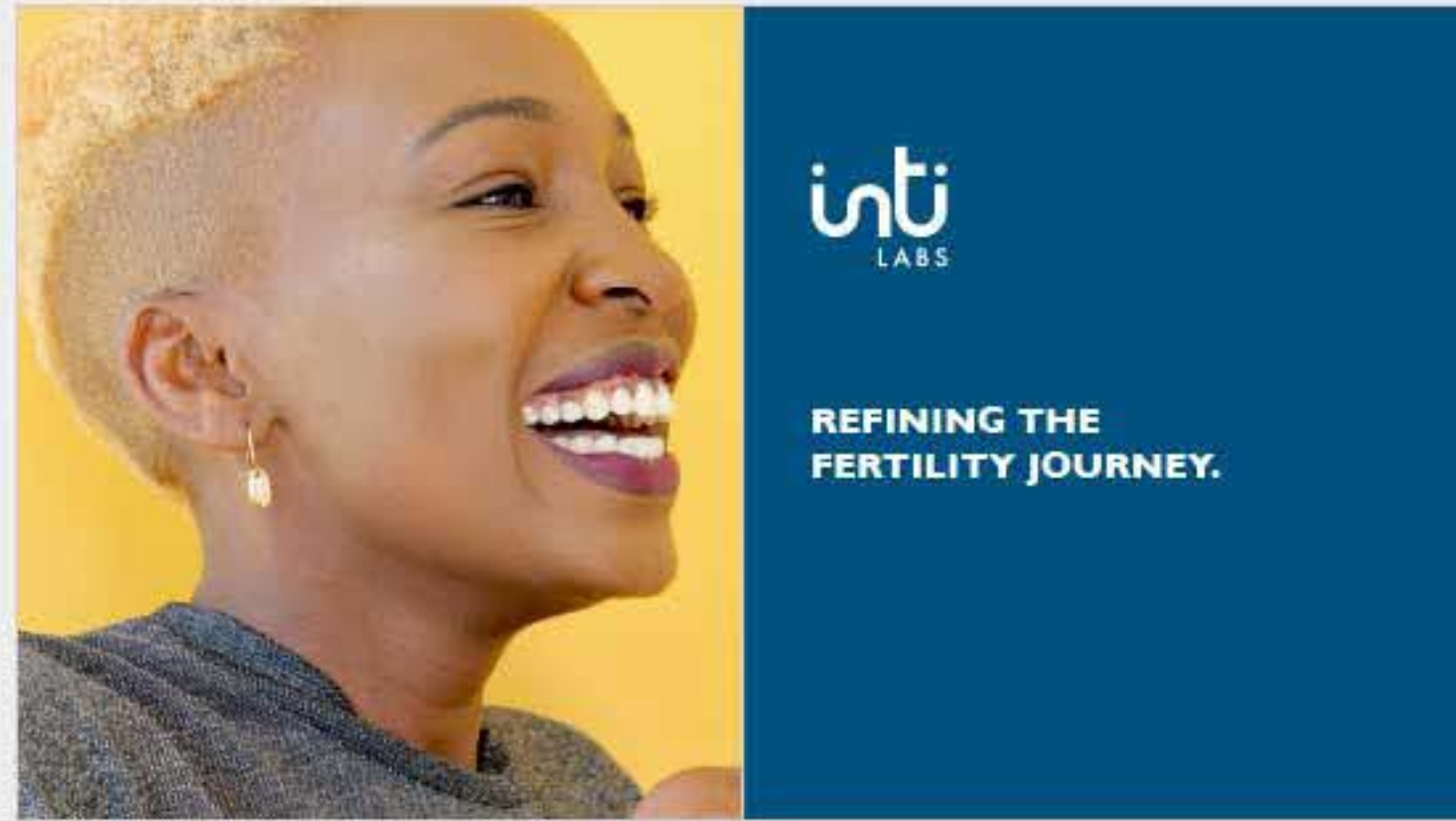
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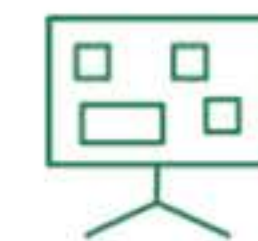
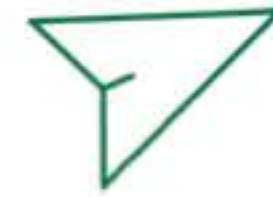
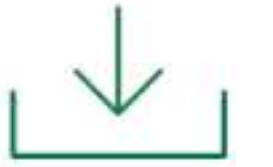


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OCTOBER 1

NOVEMBER 14 2020

MID-AUTUMN DIWALI

English: /diˈwɑːli/; Deepavali (IAST: dipāvālī) or Divali
Origin: Indian



Diwali is the five-day festival of lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil, and light over darkness.

What is it? The festival is celebrated in many parts of the world.

What are the traditions? The Mid-Autumn Festival is a time for family reunions and enjoying mooncakes.

How is it celebrated? Festivities include lanterns and mooncakes.

How to greet? While gifting mooncakes, users to send o

To watch a video introduction to the Mid-Autumn Festival, scan the QR code

What are the origins?

In northern India, they celebrate the story of King Rama's return to Ayodhya after he defeated Ravana by lighting rows of clay lamps. Southern India celebrates it as the day that Lord Krishna defeated the demon Narakasura. In western India the festival marks the day that Lord Vishnu, the Preserver sent the demon King Bali to rule the nether world.

How is Diwali celebrated?

- 1 People clean their homes and shop for gold or kitchen utensils to help bring good fortune.
- 2 People decorate their homes with clay lamps and create design patterns called rangoli on the floor using colored powders or sand.
- 3 On the main day of the festival, families gather together for Lakshmi puja, a prayer to Goddess Lakshmi, followed by mouth-watering feasts and firework festivities.
- 4 This is the first day of the new year, when friends and relatives visit with gifts and best wishes for the season.
- 5 Brothers visit their married sisters, who welcome them with love and a lavish meal.

How to wish someone a 'Happy Diwali'

A simple 'Happy Diwali' will do the trick, or in Hindi it's best to say 'Diwali ki Shubhkamnayein'.

FUN FACT!

Diwali is celebrated by Hindus, Jains, Sikhs, and Newar Buddhists, although for each faith it marks different historical events and stories, the festival represents the same symbolic victory of light over darkness, knowledge over ignorance, and good over evil.

BONIFACIO DAY

NOVEMBER 30 2020

Origin: Philippine



On Bonifacio Day, Filipinos commemorate the life of Andrés Bonifacio and remember his significant role in helping the Philippines attain its status as a republic. In 1892, he founded the Katipunan, a revolutionary secret society whose goal was to liberate the Philippines from Spanish colonial rule.

To watch a Bonifacio Day parade in Manila, scan the QR code



What are the origins?

Bonifacio Day is a national public holiday every 30 November in the Philippines to celebrate the birthday of one of the country's greatest heroes, Andrés Bonifacio.

Who was Andrés Bonifacio?

Andrés Bonifacio was a leader of the Philippine Revolution and the president of the Tagalog Republic. Through his work, Bonifacio helped the Philippines break free from Spanish colonial rule.

How is Bonifacio Day Celebrated?

Bonifacio Day celebrations vary from region to region. For the majority of Filipinos, the Bonifacio Day holiday means a day off from work or school. Some people choose to use this time to visit monuments or sites dedicated to Bonifacio. Others, however, take a day off to relax and indulge in enjoyable activities. More Bonifacio Day activities include parades and concerts.



Traditional Philippines Wear



Filipino Chicken Adobo



Traditional Ifugao Weaving

Some essential vocabulary for Bonifacio Day

Kasarinlan — Independence, Kalayaan — Freedom, and Inang Bayan — "Motherland"

DID YOU KNOW?

The Katipunan had four major objectives: 1) To develop solidarity between members, 2) To secure Philippine independence by revolution, 3) To Unite Filipinos into one nation and 4) To Establish the Philippines as a republic.

OCTOBER 3 2020

FOUNDATION DAY



AKA: Gaecheonjeol
Origin: Korean

Gaecheonjeol (National Foundation Day) is a public holiday in South and North Korea, celebrating the legendary formation of the first Korean state of Goguryeon in 2333 BC. This date has traditionally been regarded as the date for the founding of the Korean people.



Dangun, the founding father of Korean people

What are the origins?

The "Gaecheon" in Gaecheonjeol translates to "opening of heaven," which refers to the myth of the founding of Korea. The story goes that Hwanung, the son of the Lord of Heaven, wished to live on earth and built a city on a volcanic mountain, where he met a bear and a tiger, both wanting to become a human. Hwanung tested their worthiness but only the bear completed the challenge, becoming a human woman. Hwanung married the woman, and their son Dangun, founded the first Korean Kingdom.



Seolleongtang (beef soup)

What are the main traditions?
National Foundation Day is celebrated with huge displays of fireworks throughout Korea, as well as parades and plenty of food! The legend has it that in the late 15th century, King Sejongjong of Joseon, after leading a prayer ceremony, invented Seolleongtang, a type of bone broth beef soup, in order to feed the crowd. The soup is now a staple during celebrations.

How to greet & gift

"Haengjoo gaecheonjeol!" (Happy Foundation Day!)
Common gifts on Foundation Day include flowers, fruit baskets, gourmet gift baskets, sweet gourmet gifts and tea.



To watch a video introduction to Foundation Day, scan the QR code

FUN FACT!

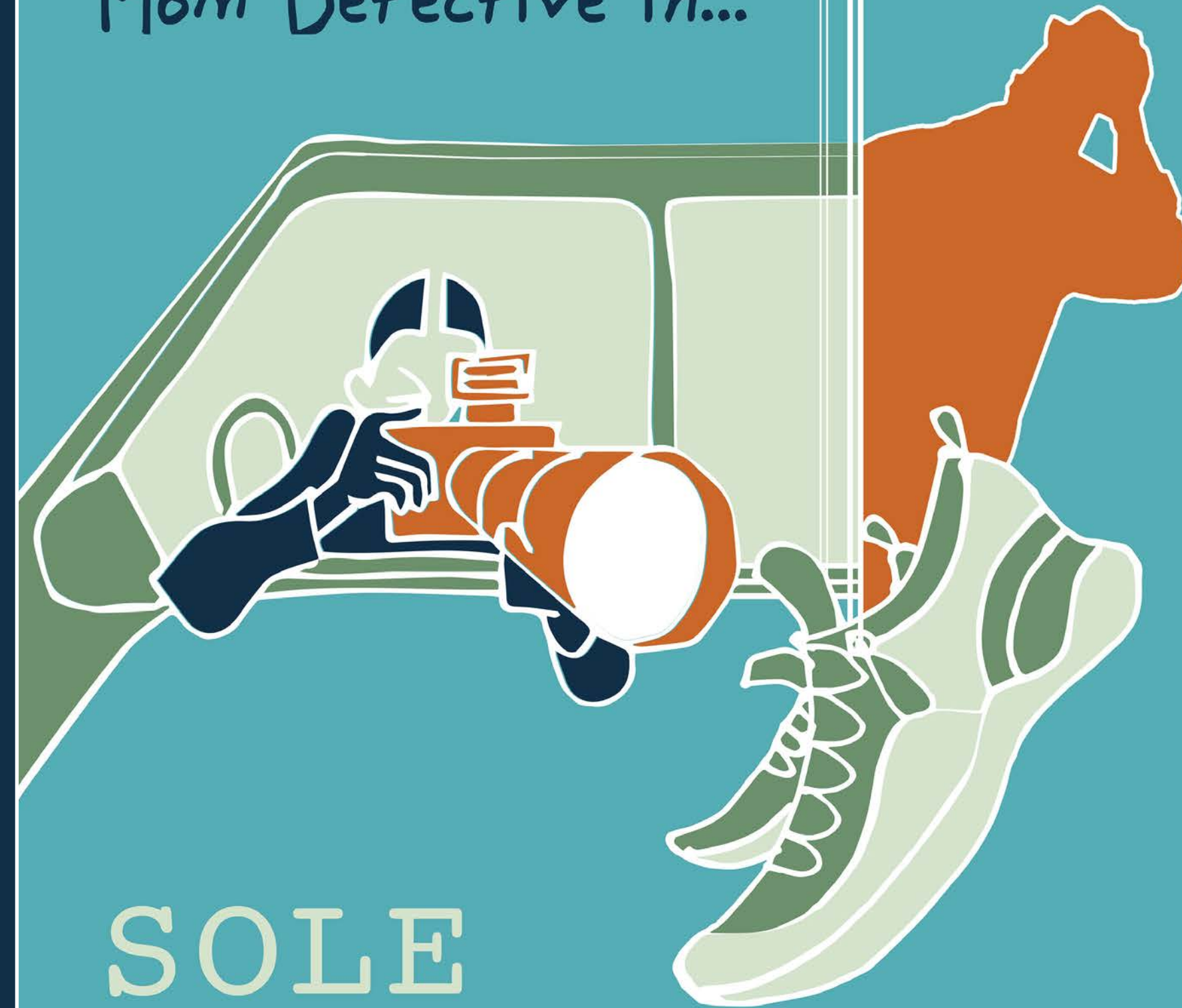
In Seoul, people attend the Foundation Day parades wearing smiling Dangun masks.

THERE'S ALWAYS MORE TO CELEBRATE!

Canada is renowned as a diverse and vibrant country, rich with cultural traditions and influences that come from far and wide, becoming as much a part of the Canadian fabric as hockey and maple syrup. As we head into Fall, the holiday season brings familiar celebrations to Canadians of all backgrounds. Get to know the stories and traditions, engage with your retail colleagues and bring some of the joy and flavours to your home, because there's nothing more Canadian than celebrating together. So get ready to discover some of the most popular holidays that will soon be marked by our colleagues, clients, and you.



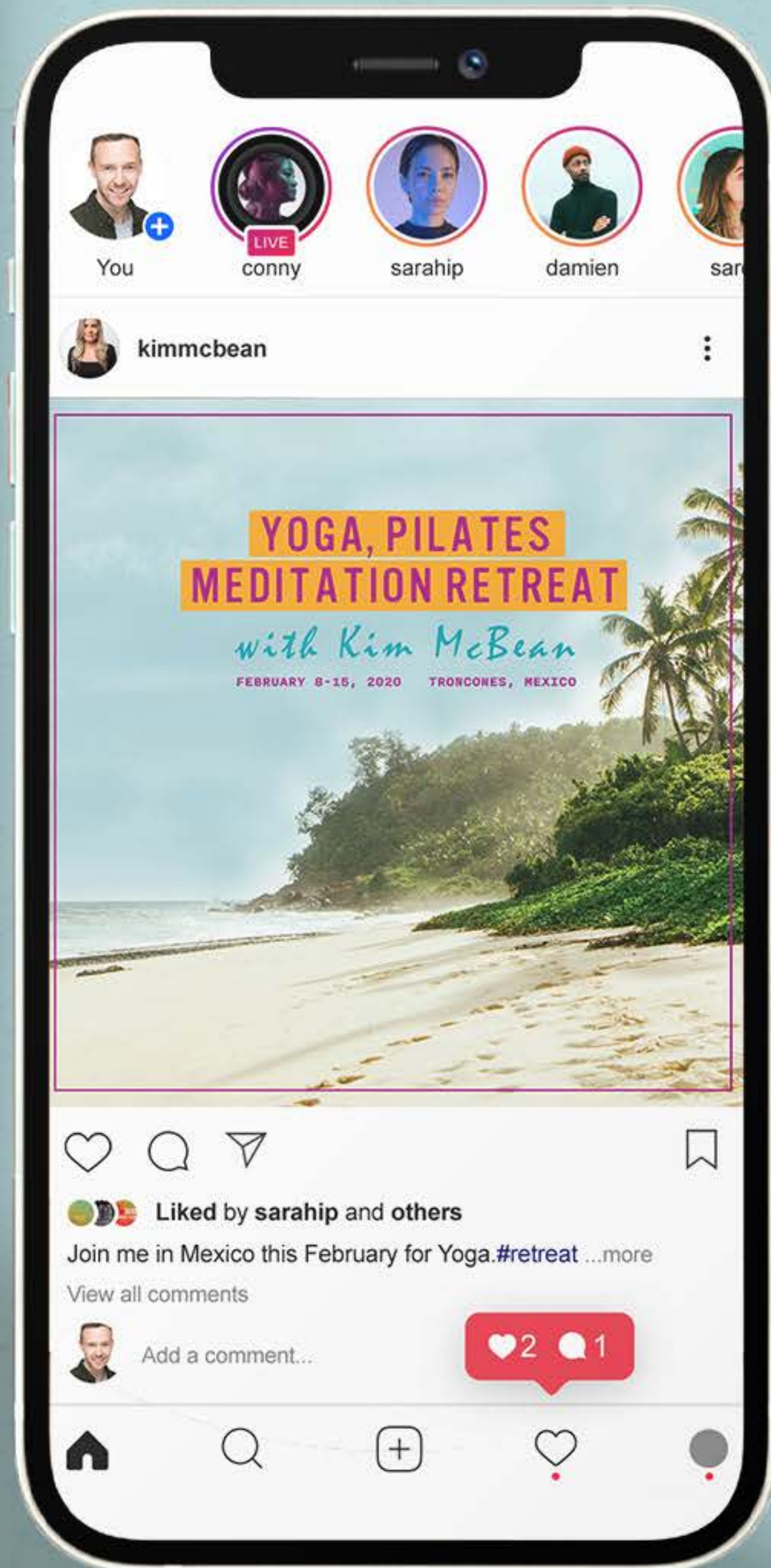
Mom Detective in...



SOLE
SUSPECT

a film by maggie castle

This mom puts kids, and cases, to bed.



YOGA, PILATES MEDITATION RETREAT

with Kim McBean

FEBRUARY 8-15, 2020 TRONCONES, MEXICO



YOGA, PILATES MEDITATION RETREAT

with Kim McBean

FEBRUARY 8-15, 2020 TRONCONES, MEXICO



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BioVision Features

Best-in-Class Image Quality

BioVision's proprietary image processing software includes peripheral equalization and calcification enhancement, resulting in superior diagnostic images. Magnification levels of BioVision can facilitate up to 20 lp/mm resolution images.

Innovative CMOS Technology

The proprietary detector in the BioVision system delivers superior resolution to mammography systems, and was designed to accommodate large specimens.

Automated, Accurate Image Measurements

Automatic Exposure Control (AEC) optimizes image quality and automatic position detection provides geometric magnification and accurate measurements at any specimen level.

Reliable and Simple Data Transfer

The BioVision system can send multiple annotated images to PACS at the touch of a button.

Infection Control

A single continuous keyboard surface enables easy cleaning and disinfection.

Customized X-Ray Tube

A molybdenum target allows for imaging of breasts with greater density.

Easy to Use

No additional training or specialized x-ray requirements are needed to operate BioVision. The system plugs into any standard A/C outlet or can operate stand-alone for more than 3 hours on battery backup.

Ergonomic Design

The minimal footprint and elegant form of the BioVision system was designed to optimize mobility and minimize intrusion in your OR.



faxitron Today's Patient List

Peter Smith Log Out

Sue Jones	745874	✓ Bi-lateral Prone	
Date of Birth	21 Sep 1941	Body Part: Left Breast Position View: 90 Degrees Study Name: Fred Study ID: RFJ84574568 Accession Number: 4534455 Position View: 90 Degrees Institute Name: Royal College Berlin Comments: Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas.	
Physician	Dr H Boyd	Procedure 2	
Technologist	S Smith	Procedure 3	
		Procedure 4	



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SEE ZPRINT IN ACTION

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REQUIRED READING + CELEBS

DAVID GANDY DRESSED DOWN AS YOU'VE NEVER

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SHOP *Finish Line*

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REEBOK ZPRINT

MAKE AN IMPRINT

SHOP *Finish Line*

SEE ZPRINT IN ACTION

REQUIRED READING + CELEBS

DAVID GANDY DRESSED DOWN AS YOU'VE NEVER SEEN HIM BEFORE

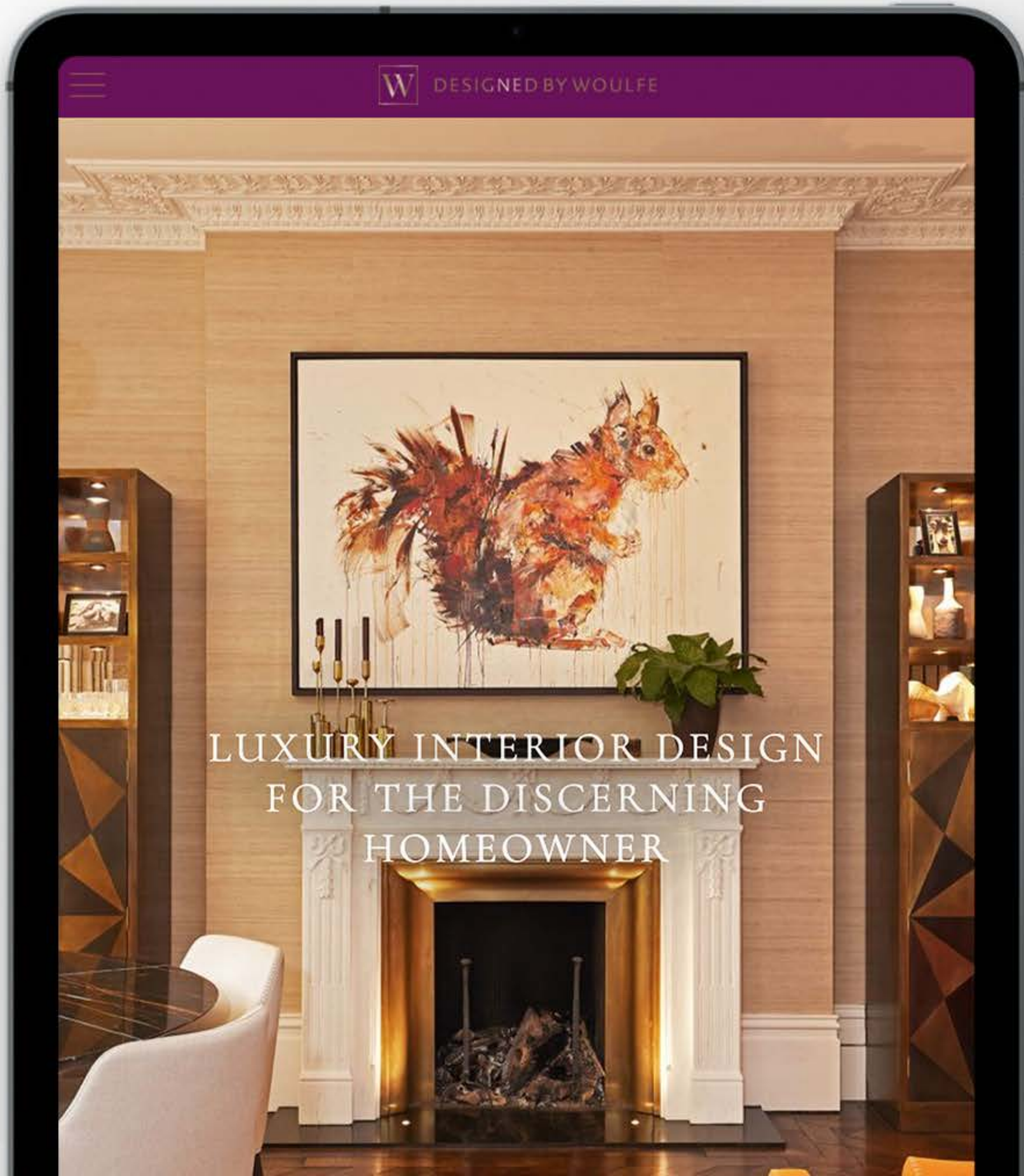
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LIVING ADVICE

17 Things You Should Absolutely Stay Away From Consuming on a First Date

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FITNESS MOTIVATION GUIDE | BARK FOOD SUBSTITUTES | RON PERLMAN INTERVIEW | BATTLE RAP PREPARATION | INJURY PREVENTION



10 MUSICIANS WHO WISH YOUTUBE HADN'T EXIST
+ READ MORE



THE 13 MOVIES THAT SHOULD BE ON EVERY MAN'S 'NETFLIX AND CHILL' SHORTLIST
+ READ MORE



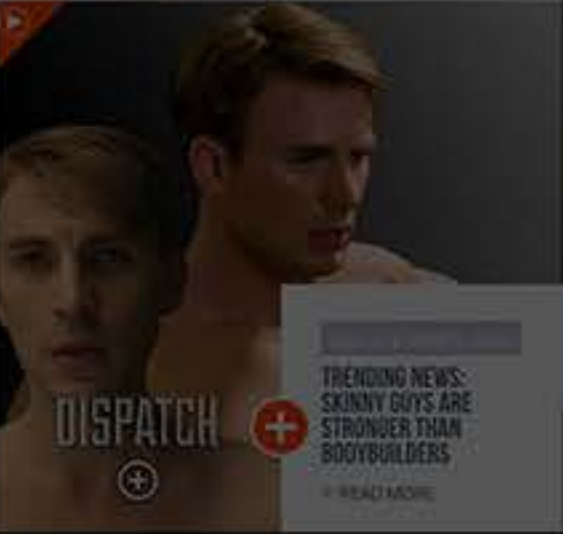
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The Design Factor

- Integrated Design
- Product
- Graphic
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What We Do

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intelligent monitoring
with wireless technology
for responsive patient care



Stroke Prevention: AF Screening

Welcome to Intelesens

Advances in medical technology, including wireless connectivity and wearable mobile devices are providing practitioners, medical centres, hospitals and telehealth service providers with important clinical tools to access and care for patients in new and innovative ways. Intelesens is at the forefront of this technology.

Our range of CE-approved and FDA cleared products, when combined with our **zensoronline** database and **zensor+** software provides monitoring solutions that offer improved quality of care to patients, access to affordable care by those currently unmonitored and cost savings to healthcare providers.

Our products can:

- » Provide clinicians with the opportunity to **improve the speed of diagnosis and treatment of patients** with cardiovascular and other acute and chronic diseases.
- » **Provide access** to affordable health monitoring technology to hospital patients who are currently unmonitored and to chronically ill patients living in the community.



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FIN

Thank You