



9 Eccleston Street, London SW1W 9LX

lightcentrebelgravia.co.uk

020 7881 0728

LIGHT
CENTRE
BELGRAVIA

WINTER
2018

NEW
SIMPLIFIED
PRICING
see page 8-9

LONDON'S
LEADING
HOLISTIC
WELLBEING
CENTRE

YOGA • PILATES • MINDFULNESS
THERAPIES • MASSAGE • NUTRITION • COACHING
COLONIC HYDROTHERAPY • WORKSHOPS

HOLISTIC HEALTH SCREENING

Whether you're new to the Light Centre or one of our regulars, the best way to start taking full advantage of the Centre is to do our HOLISTIC HEALTH SCREENING.

In one session we test for over 100 Health Markers, like Blood Pressure, BMI, Cholesterol, HDL Levels, Lung Function and more.

Then in the optional follow-up session we can analyse your results and help tailor your Light Centre activities just for YOU.

Just £90

Simply ask at reception or call 020 7881 0728 to book your screening



THE No.1 VENUE FOR HOLISTIC WELLBEING EVENTS IN LONDON

THE No.1 PLACE TO PRACTICE IN CENTRAL LONDON

WORK FROM ONE OF OUR CALM AND PEACEFUL THERAPY ROOMS

HIRE OUR BEAUTIFUL STUDIOS FOR YOUR AMAZING EVENT



The Light Centre has 3 beautiful centres in Central London. Choose from 6 stunning well-equipped STUDIOS, suitable for Courses, Workshops, Teacher Training, Corporate Events and much more. We also have 26 fully equipped & spacious THERAPY ROOMS for hire. With our great locations and unparalleled support, can you really see yourself anywhere else?

full details at lightcentre.com

Welcome to Light Centre Belgravia



The Belgravia Light Centre was the first centre I opened, some 13 years ago now. I designed it to be a pioneer for holistic health and

wellbeing, hosting not just Yoga, Pilates and Meditation classes, but also an array of holistic therapies, workshops and courses.

Being an Osteopath and Naturopath, I believe that healthcare should be about prevention first and treatment second. The world is so full of physical, dietary and mental stresses, that the holistic services we offer are now more of a necessity than a luxury.

I would encourage everyone to adopt a 'self-nurturing' daily routine like Yoga, Pilates or Meditation, as an antidote to the stresses we endure. I would also encourage them to seek holistic solutions to their physical and mental problems, rather than the quick fixes of 'reactive' medicine. Finally, I would encourage them to seek out their potential as a human being, rather than be content with a life of coping and survival.

The Light Centre can be your home for all of these things. It is so much more than a one-dimensional health offering; it is a holistic emporium capable of taking you beyond the superficial to a deeper understanding of yourself and your life.

I invite you to explore its depths.

Mark Thompson D.O., N.D.
C.E.O. and Founder
The Light Centre



No Limits

The highlight of our new simplified pricing for 2019 is our MONTHLY UNLIMITED PASS which allows you to attend as many Yoga and Pilates mat classes (excluding Mysore) as you want for £85 a month.

The new pass has no minimum period, which means you can cancel the next payment at any time, and is the cheapest option for anyone coming to classes more than once per week.

We also now have an ANNUAL UNLIMITED PASS costing £960 which offers a further discount to committed customers.

If you're a Light Centre regular, you're going to love Light Centre UNLIMITED.

Light Bites

There's a Crush Fit Food & Juice Bar in every Light Centre, perfect for a post class pick me up!

Crush are all about improving the wellbeing of their teams & customers, and their extensive range covers everything from refreshing green juices & freshly pressed ginger shots to



protein salads & vegan dessert pots. They also serve their own blend of organic & Fairtrade coffee, which is offered with a wide range of dairy and non-dairy milks. Plus you save 25p if you bring in a reusable cup!



There's so much happening at our other centres too

LIGHT CENTRE MONUMENT
36 St Mary at Hill,
London EC3R 8DU
020 7283 2846
lightcentremonument.co.uk

LIGHT CENTRE MOORGATE
114 London Wall,
London, EC2M 5QA
020 7628 7780
lightcentremoorgate.co.uk

Classes Timetable

A class for every body



MONDAY	VINYASA FLOW YOGA All Levels Hanna 7.15 - 8.15am	PILATES Level 2 Michael 9.30 - 10.45am	YIN YOGA All levels Liz 11am - 12.15pm		PILATES All levels Michael 12.30 - 1.15pm	YOGA All Levels Amanda 1.15 - 2.15am	YOGA HANDSTANDS All Levels Guillermo 2.30 - 3.30pm		PREGNANCY YOGA All levels Fleur 5.30 - 6.30pm	YOGA All Levels Amanda 5.30 - 6.30pm	YOGA BEGINNERS COURSE 6.30 - 7.30pm SEE NEXT PAGE >	PILATES All Levels Andrea 6.30 - 7.30pm	ROCKET YOGA Levels 1-2 Liz 7.30 - 9.00pm	YOGA Level 1-2 Fiona 7.30 - 8.45pm	
TUESDAY	ASHTANGA YOGA MYSORE Self practice with Louise Drop in anytime between 6.15 - 8.45am Mon - Fri	VINYASA FLOW YOGA All Levels Maxine 7.15 - 8.15am	YIN YOGA All Levels Jennifer 9.30 - 10.30am	PILATES Level 1-2 Christine 10.45 - 11.45am	BREATHING FOR BALANCE & STRENGTH All Levels Michelle 11.45am - 12.30pm	PILATES All levels Michelle 12.30 - 1.15pm	YOGA Levels 1-2 Lynne 1.15 - 2.15pm	PILATES FLOW All Levels Michael 2.15 - 3.00pm	YIN/YANG YOGA All Levels Alina 5.00 - 6.00pm	YOGA HANDSTANDS All Levels Guillermo 5.30 - 6.15pm	YOGA All Levels Jennifer 6.00 - 7.00pm	POWER PILATES All levels Chardet 6.15 - 7pm	MINDFULNESS COURSES Alex 7.00 - 9.30pm SEE NEXT PAGE >	ROCKET YOGA All Levels Melissa 7.00 - 8.00pm	YIN YOGA All Levels Melissa 8.00 - 9.00pm
WEDNESDAY		VINYASA FLOW YOGA All Levels Melinda 7.15 - 8.15am	PILATES All Levels Andrea 9.30 - 10.45am	MANDALA VINYASA All Levels Helen 11am - 12.15pm		PILATES All levels Maide 12.30 - 1.15pm	YOGA All Levels Nicole 1.15 - 2.15am	POWER YOGA All Levels Deliah 2.15 - 3.15pm	SLOW FLOW YOGA All Levels Maxine 3.15 - 4.15pm	PILATES 4 BACKS All Levels Esther / Michelle 5.30 - 6.30pm	YOGA BEGINNERS COURSE 5.30 - 6.30pm SEE NEXT PAGE >	PILATES Levels 2-3 Federica 6.30 - 7.30pm	YOGA Level 1-2 Nicole 6.30 - 7.45pm	ROCKET YOGA Level 1-2 Helen 7.30 - 9.00pm	YIN YOGA All Levels Emma 7.45 - 9.00pm
THURSDAY		VINYASA FLOW YOGA All Levels Maxine 7.15 - 8.15am	NEW POWER PILATES All Levels Clare 9.30 - 10.30am	PILATES All Levels Vivi 10.30 - 11.30am	RESTORATIVE YOGA All Levels Aisha 11.45am - 12.30pm <i>ends 3 Jan</i>	PILATES All levels Esther / Michelle 12.30 - 1.15pm	YOGA All Levels Melissa 1.15 - 2.15am	ROCKET YOGA All levels Lita 2.15 - 3.15pm		PREGNANCY PILATES All levels Poi 5.30 - 6.30pm	PILATES All levels Andrea 5.30 - 6.15pm	DYNAMIC YOGA Levels 1-2 Craig / David 6.15 - 7.30pm	PILATES BEGINNERS COURSE 6.30 - 7.30pm SEE NEXT PAGE >	ROCKET MANDALA YOGA Level 2 Liz 7.30 - 9.00pm	YOGA All Levels Yogi 7.45 - 9.00pm
FRIDAY		VINYASA FLOW YOGA All Levels Melinda 7.15 - 8.15am	YIN YOGA All Levels Laura 9.30 - 10.30am	PILATES All levels Andrea 10.30 - 11.30am	YOGA FOR BETTER POSTURE All Levels Jaqui 11.30am - 12.15pm	YOGA All Levels Jaqui 12.15 - 1.15pm	PILATES All Levels Andrea 1.15 - 2.15pm	YIN YOGA All Levels Aisha 2.30 - 3.30pm <i>ends 4 Jan</i>				VINYASA FLOW YOGA All Levels Frankie 5.30 - 6.30pm	PILATES Levels 1-2 Esther / Maide 6.30 - 7.30pm	POWER YOGA All Levels Anastasiya 7.30 - 9.00pm	
SATURDAY	ASHTANGA YOGA MYSORE Self practice with Louise Anytime between 8 - 10am. Every Sat except... PRIMARY LED SERIES CLASS 1st Sat every month ONLY		ROCKET YOGA Levels 1 - 2 Liz 10.15 - 11.30am		YIN YOGA All Levels Emma 11.45am - 1.00pm		PILATES All Levels Federica 1.15 - 2.15pm		New Classes from Jan:	Thursdays KUNDALINI & GONG All Levels Angad 3.45 - 5.00pm <i>Starts 10 Jan</i>	Thursdays RESTORATIVE MOVEMENT All Levels Esther 11.45-12.30pm <i>Starts 10 Jan</i>		Fridays TuiNa STRETCH All Levels Esther 2.30 - 3.30pm <i>Starts 11 Jan</i>		

YOGA STYLES

Vinyasa Flow. Synchronization of breath and movement. Stretching muscle, opening the joints and concluding in deep relaxation.

Pregnancy Yoga. Prepare for labour and the birth of your baby. Learn postures that won't strain your body, and meet other mums-to-be, too.

Rocket Yoga is a dynamic sequence that both opens and strengthens the body.

Yin Yoga is a quiet, slow practice with a restorative emphasis.

Yoga for Better Posture. Reopen your posture. Essential for anyone who works in an office.

Ashtanga Mysore Self Practice. One-to-one practice in a group setting following a set sequence, ideal for all levels.

Restorative Movement. Props are used to support the body so that you can hold poses for longer.

PILATES

Pilates increases strength and mobility which leads to ease of movement. It improves circulation, which boosts overall health and well being.

The Light Centre hosts around 30 pilates mat classes a week ranging from beginner courses to more advanced classes.

PILATES VARIATIONS

Pilates 4 Backs is designed to strengthen the back support muscles, by mobilising the spine and practicing correct alignment.

Power Pilates. Move faster, breath deeper and hold each posture for longer, challenging your overall strength and endurance in a fun and dynamic way.

Pregnancy Pilates is designed around the changing limitations and requirements of a developing pregnancy to provide a safe and effective workout for women in their 2nd and 3rd trimester.

Courses



1-2-1 Pilates Equipment Studio

Beginner and advanced courses in Yoga, Pilates and Pilates Reformer. Courses usually run for 6 to 8 weeks, one evening a week and are a great way to **build your confidence and skills.**

YOGA

- Yoga 9 week Beginners Course** with Nicole Miller £117
Mondays 18:30-19:30 Starts 7 Jan to 4 Mar 2019
- Yoga 6 week Beginners Course** with Cecilia Ballan £78
Wednesdays 17:30-18:30 Starts 9 Jan to 13 Feb 2019
- Yoga 6 week Beginners Course** with Cecilia Ballan £78
Wednesdays 17:30-18:30 Starts 20 Feb to 27 Mar
- Yoga 6 week Beginners Course** with Nicole Miller £78
Mondays 18:30-19:30 Starts 11 Mar to 15 Apr

PILATES

- Pilates 6 week Beginners Course** with Andrea Ondruskova £78
Thursdays 18:30-19:30 Starts 10 Jan to 14 Feb 2019
- Pilates 6 week Beginners Course** with Andrea Ondruskova £78
Thursdays 18:30-19:30 Starts 21 Feb to 28 Mar

MINDFULNESS



- 8 Week Mindful Self-Compassion Course** with Alex Newte Hardie £240
Tuesdays 19:00-21:30 Starts 22 Jan to 12 Mar 2019

MONDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 georgina.haydon@ btinternet.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2-8pm 07938 160 259 alessiabellani@icloud. com
TUESDAY	MELANIE BRAAM 1-2-1 PILATES 8am - 2pm 07553 319 098 mcbraam@hotmail.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2-8pm 07938 160 259 alessiabellani@icloud. com
WEDNESDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 georgina.haydon@ btinternet.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2-8pm 07938 160 259 alessiabellani@icloud. com
THURSDAY	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8-2pm 07938 160 259 alessiabellani@icloud. com	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 2pm - 8PM 07719 988 263 georgina.haydon@ btinternet.com
FRIDAY	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8-8pm 07938 160 259 alessiabellani@icloud.com	
SATURDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 georgina.haydon@ btinternet.com	FEDERICA ZURLENI 1-2-1 PILATES 2:30pm-5:30pm 07971 563 912 federicazurleni@hotmail. com

Private sessions with some of the best instructors in London

In the relaxing atmosphere of the Pilates studio, you will be guided through specific exercises to suit your needs and our experienced teachers will design a programme specifically for you.



WHAT IS GYROTONIC?

The Gyrotonic methodology is a unique system based on movements from yoga, Qi-Gong, swimming and ballet. The continuous flow of exercises help to release tension and tight joints in the body, creating a feeling of freeness, clarity, and balance. These exercises are especially beneficial for back or joint problems and helps us to become more aware of our body and its habits.

All teachers at the Light Centre are comprehensively qualified and insured with recognised professional organisations. They are however not employed by the Light Centre. Clients undertaking classes offered at the Light Centre are contracting directly with the individual teacher concerned and not with the Light Centre. Full terms and conditions are available on the Light Centre website, www.lightcentremoorgate.co.uk.

OUR BEST DEALS

UNLIMITED PASS

**BEST
VALUE!**

**UNLIMITED
mat classes
for only**

**£85
a month**



MONTHLY UNLIMITED PASS

£85 a month

(£95 to include Mysore)

ANNUAL UNLIMITED PASS

£960 a year

(£1,080 to include Mysore)

- **Unlimited** mat and Hot Yoga classes at all our Centres
- Your **cheapest option** if you attend more than one class a week
- **Rolling** monthly contract. Cancel next payment at any time! (Annual Pass is 12-month contract)

Monthly Unlimited Pass is a rolling monthly contract automatically taken from your account each month. The next payment can be cancelled at any time in advance, either online or by contacting support@lightcentre.com. The first month begins on the date of purchase. The Annual Unlimited Pass is valid for one calendar year from date of purchase. Passes are not valid for Reformer classes, Courses or Workshops and are non-refundable and non-transferable. For full terms and conditions see www.lightcentre.com.

MAT CLASS PACKS

For all drop-in mat classes:
Yoga, Pilates, Hot Yoga and
Meditation.

5 CLASS PACK	£60 (£12 per class)
10 CLASS PACK	£110 (£11 per class)

Class Packs cannot be used for Courses or Workshops and are valid for 6 months from date of purchase. Hot Yoga available at Monument centre only.

INTRO OFFERS

A **great way** to sample
our amazing classes!

**NEW TO
LIGHT
CENTRE?**

2 WEEKS of mat classes for **ONLY £30**

Find out why people LOVE the Light Centre.
Try 2 whole weeks of our fantastic classes for only £30,
including Yoga, Pilates, Mysore and Hot Yoga.

This offer is for new customers only. Does not include Pilates Reformer, Courses or Workshops. The offer is valid for 2 full weeks (14 consecutive days) from the date of your first visit and must be activated within 14 days of purchase. It entitles you to attend 1 class per day.

DROP-IN PRICES

Not a regular Light Centre customer? You can still enjoy our classes with these drop-in prices:

45/60 min Mat Classes - £13* 75 min Mat Classes - £14*
90 min Mat Classes - £15*

*New prices applicable from 1st January 2019

The best value classes in London.
However you choose to pay

Therapists



Helping you be the **best** version of you

PHYSICAL THERAPIES

- W** **ACUPUNCTURE** - Maja Jankovic
07508 562 640 maja@4flowersacupuncture.co.uk Wed: 5:15-8:15pm
- M S** **ACUPUNCTURE** - Miranda Lacaze 07872 311 654
miranda@mlacupuncture.com Mon: 5:30-8:30pm, Sun: 9am-5pm
- W** **ACUPUNCTURE** - Paula Felgate
07810 845 950 paula@acupuncture.gb.com Wed: 8-11am
- W** **ACUPUNCTURE & CHINESE HERBAL MEDICINE** - Dr Dan Keown
07875 736 955 dan.keown@googlemail.com Wed: 2:15-8:15pm
- F** **ACUPUNCTURE & CHINESE HERBAL MEDICINE** - Dr Gang Zhu
07957 132 403 gangzhu237a@yahoo.com Fri: 5:30-8:30pm
- S** **ACUPUNCTURE, TRADITIONAL CHINESE MEDICINE, REIKI** - Diana Da Silva
07828 174 079 clinic@dianadasilva.co.uk Sat: 9am-1pm
- S** **AYURVEDA - Health Consultation, Mind-Body Cleanse & Rebalance, Marma Massage** - Geeta Vara 07956 521 601 info@geetavara.co.uk Sat: 9am-1pm
- T W** **BODY ENERGY** - Carol Bosiger
07702 520 782 carol@bosiger.net Tues: 8am-5pm, Wed: 8am-5pm
- T** **BODY MAPPING, COACHING, DANCE MOVEMENT PSYCHOTHERAPY** -
Natasha Sackey 07854288706 natasha@natashasackey.com Tues: 8am-2pm
- F** **CHRONIC PAIN RELEASE, CLINICAL HYPNOTHERAPY & NLP, GUIDED RELAXATION & YOGA** - Anni Jakenfelds 07934 442 129 anni@ihealprocess.com Fri: 8am-2pm
- T** **CHRONIC PAIN SOLUTIONS** - Chris Lambert-Gorwyn
07876 751 173 chris@restoreyourbodynow.com Tues: 2:15-8:15pm
- T W F** **COLON HYDROTHERAPY** - Suki Zoe 07808 656 820
hello@thecolonwhisperer.com Tues & Fri: 2:30-8pm, Wed: 8am-12:30pm
- M W Th S** **COLONIC HYDROTHERAPY, CLEANSE, DETOX PROGRAMMES** - Ruth Freeman
07881 425 412 ruth@thecleansingspace.com
Mon: 10am-8.30pm Wed & Thur 2.30-8.30pm Sat 10am-6.30pm
- W** **CRANIO-SACRAL** - Kirsten Roberts
07879 692 665 kirstencape@yahoo.co.uk Wed: 2:15-8:15pm
- M W** **MASSAGE, 1to1 YOGA** - Aristeia Zougri
07873 391 200 info@altheamassage.co.uk Mon & Wed: 2:15-8:15pm
- F** **MASSAGE** - Ronaldo Barroga
07515 368 577 rimmerallan@hotmail.com Fri: 2:15-8:18pm
- T** **MASSAGE** - Suzanne Edwards
07986 602 002 flyingdragon79@hotmail.co.uk Tues: 5:15-8:15pm
- S** **MASSAGE THERAPY** - Andreea Filip
07880 435 883 andreea_filip59@yahoo.com Sat: 1:15-5:15pm

PHYSICAL THERAPIES

- F** **OSTEOPATHY** - Alessia Bellani
07740 649 347 ale_bel@hotmail.com Fri: 8am-8pm
- M** **OSTEOPATHY** - Damien Harcourt
07793 084 394 damienharcourt@gmail.com Mon: 2:15-8:15pm
- W** **OSTEOPATHY** - Mark Thompson
07976 564 143 mark@lightpractice.co.uk Wed: 8-11am
- T** **OSTEOPATHY** - Marvin Blake
07446 893 045 info@marvinblake.com Tues: 11am-5pm, Fri: 5:30-8:30pm
- W** **OSTEOPATHY** - Peter Chierakul
07930 760 240 peter@theartofhealing.uk Wed: 8am-2pm
- T** **OSTEOPATHY & MASSAGE** - Mark Hagan
07903 714 115 mark@osteopathathome.co.uk Tues: 2:15-8:15pm
- T** **OSTEOPATHY, MASSAGE, MYOFASCIAL RELEASE** - Mike O'Connor
07545 968 342 mike@myofascial-bodywork.com Tues: 8am-2pm
- T Th** **PHYSIOTHERAPY** - DJN Physios
020 7488 3545 admin@djn-associates.co.uk Tues: 8am-2pm, Thur: 8-11:30am
- M T Th F** **PHYSIOTHERAPY & OSTEOPTHY** - Excellence Physiotherapy & Osteopathy
020 7125 0262 www.mummysphysio.com www.babyphysio.com
Mon, Tues, Thur, Fri: 8am-2pm
- Th** **REFLEXOLOGY** - Rosanna Bickerton 07885 785 770 rosanna@handsonfeet.com
Thur: 8am-2pm
- Th** **REFLEXOLOGY, HIJAMA** - Diana Freudenberg
07397 885 590 myholisticway@outlook.com Thur: 2:15-8:15pm from 10th Jan
- W** **ROLFING** - Aidan Treays
07808 352 584 aidantreays@me.com Wed: 2:15-8:15pm
- F** **SOMATIC EXPERIENCING®, YOGA 1:1 SESSIONS** - Joanna Oughton
07542 983 423 joannaoughton@outlook.com Fri: 2:15-5:15pm
- F** **SPORTS MASSAGE** - Dave Gedye
07866 474 336 davidgedye1980@gmail.com Fri: 2:15-5:15pm
- Th** **THE ROLF METHOD OF STRUCTURAL INTEGRATION** - Anna Collins
07986 250 305 aloha@thepolishedonion.com Thur: 2:15-8:15pm
- F** **THERAPEUTIC, SPORTS, PREGNANCY MASSAGE, THAI (TABLE) MASSAGE**
- Elvira Cipolletti 079146 702 421 info@elviracipolletti.com
Friday: 11am-2pm every other week
- W Th** **VISCERAL & NEURAL MANIPULATION** - Graham Stones
07901 975 007 info@brokenyogi.com Wed: 8am-2pm, Thur: 2:15-8:15pm

MORE THERAPISTS OVERLEAF >>

All practitioners at the Light Centre are self-employed. When making bookings, customers are contracting with them directly and not with the Centre. As a result, practitioners manage their own diaries, **so please book with them directly.**

Therapists



TALKING THERAPIES

- S** **AKASHIC RECORDS READING & INTUITIVE COACHING** - Apinder Sidhu
07775 098 210 apinder@silverliningcc.co.uk Sat: 9am-1pm
- T** **BODY MAPPING, COACHING, DANCE MOVEMENT PSYCHOTHERAPY** -
Natasha Sackey 07854288706 natasha@natashasackey.com Tues: 8am-2pm
- M F** **CHROMOLOGY, COLOUR ANALYSIS** - Gabi Winters
07753 350 734 gabi@chromology.co.uk Mon: 8am-2pm, Fri: 8am-2pm
- Th** **COACHING/LIFE ALIGNMENT** - Caroline Mann 07985 905 666
caroline@carolinemanncoaching.co.uk Thur: 11:30am-8:15pm
- M** **COGNITIVE HYPNOTHERAPY** - Alexandra Taylor
07891 175 386 alexandra@aeglemind.co.uk Mon: 11am-2pm
- Th** **COUNSELLING** - Julian Longin
07947 774 623 julian@counsellinginvictoria.com Thur: 8am-2pm
- T** **GESTALT PSYCHOTHERAPY, COUNSELLING** - Suzanne Worrica
07788 664580 worrica@icloud.com Tues: 5:30-8:30pm
- S** **GRIEF COACH** - Tara Sutton
07811 554 630 gilliansutton34@hotmail.co.uk Sat: 9am-1pm
- F** **CLINICAL HYPNOTHERAPY & NLP, CHRONIC PAIN RELEASE, GUIDED RELAXATION & YOGA** - Anni Jakenfelds 07934 442 129 anni@ihealprocess.com Fri: 8am-2pm
- T Th** **HYPNOTHERAPY & NLP** - Jayke Branson Thom 07739 707 209
jayke@wakeuptoabrighterfuture.co.uk Tues: 2:15-8:15pm, Thur: 8am-8pm
- M** **INTEGRATIVE PSYCHOTHERAPY** - Alessandra Jolliffe
07918 529 275 info@jolielifetherapy.com Mon: 2:15-8:15pm
- M** **LIFE COACHING** - Alicia Ferrero
07468 335 125 alicia@aliciaferrero.com www.aliciaferrero.com Mon: 8-11am
- Th** **LIFE COACHING, THETA HEALING®, REIKI** - Saeedeh Khodadoost
07721 766 965 sk@saeedehk.com Thur: 8am-2pm
- W F** **MINDFULNESS & COMPASSION FOCUSED THERAPY, NATUROPATHY** - Alex Newte
Hardie 07958 431 626 info@alexnh.com Wed: 11am-2pm, Fri: 2:15-5:15pm
- F** **NLP, LIFE COACH** - Anni Jakenfelds
07934 442 129 anni@ihealprocess.com Fri: 8am-2pm
- W S** **PSYCHOTHERAPY** - Anthony Rhone 07966 392 038
anthony@rhonetherapy.co.uk Wed: 11am-2pm, Sat: 11am-2pm
- M** **PSYCHOTHERAPY** - Lola Barbour
07818 050 030 adesemoyel@gmail.com Mon: 8am-2pm
- F** **PSYCHOTHERAPY** - Roberta Crescenzo
07772 683 849 joseing@rocketmail.com Fri: 8-11am & 5:30-8:30pm

MORE THERAPISTS OVERLEAF >>

KEY **M** Mondays **T** Tuesdays **W** Wednesdays **Th** Thursdays **F** Fridays **S** Sat/Sun

Muscle & joint pain that won't go?
Bad digestion? Despite clean living!



Ever thought they may be related?

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Free 15 minute phone consultation
to discover your missing link
to being pain free

"I know I can always rely on Graham
to get me back from an injury and
out of pain."

Erina Takahashi
Senior Principle English National Ballet

20% off Initial consultation
with code LC18



Graham Stones: 07901975007
email: info@brokenyogi.com

SUKI ZOE

THE COLON
WHISPERER

HEALTHY
COLON
HEALTHY
LIFE

THECOLONWHISPERER.COM
07808 656 820



Philip Xerri

Pranayama

How To Teach Pranayama 8/9 June 2019

at Light Centre Belgravia

EMAIL pax_yoga@yahoo.com | WEB www.yogaquests.co.uk | MOBILE 0771018582

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Therapists



NUTRITION THERAPIES

- S** **TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE, REIKI** - Diana Da Silva
07828 174 079 clinic@dianadasilva.co.uk Sat: 9am-1pm
- W F** **NATUROPATHY, GENERAL HEALTH PRACTITIONER** - Alex Newte Hardie
07958 431 626 info@alexnh.com Wed: 11am-2pm, Fri: 2:15-5:15pm
- S** **NUTRITIONAL THERAPY** - Micaela Panzavolta
07769 634 061 micaelanutrition@gmail.com Sat: 1:15-5:15pm
- S** **NUTRITIONAL THERAPY** - Naomi Dean
07711 351 326 naomideannutrition@gmail.com Sat: 9am-1pm
- F** **NUTRITIONAL THERAPY** - Tatiana Rodriguez
07970 520 739 tatiana@planetfit.co.uk Fri: 2:15-8:18pm

ENERGY THERAPIES

- S** **AKASHIC RECORDS READING & INTUITIVE COACHING** - Apinder Sidhu
07775 098 210 apinder@silverliningcc.co.uk Sat: 9am-1pm
- M F** **CHROMOLOGY, COLOUR ANALYSIS** - Gabi Winters
07753 350 734 gabi@chromology.co.uk Mon: 8am-2pm, Fri: 8am-2pm
- Th** **COACHING/LIFE ALIGNMENT** - Caroline Mann 07985 905 666
caroline@carolinemanncoaching.co.uk Thur: 11:30am-8:15pm
- T W** **BODY ENERGY** - Carol Bosiger
07702 520 782 carol@bosiger.net Tues: 8am-5pm, Wed: 8am-5pm
- S** **ENERGY HEALING, EMOTIONAL RELEASE, REIKI, INTUITIVE GUIDANCE** - Himesh Gohil
07545 009 157 info@himeshgohil.com Sat: 1:15-5:15pm
- F** **ESOTERIC HEALING: CONNECTIVE TISSUE THERAPY, CHAKRAPUNCTURE** - Sara Williams 07795 164 144 sara@sphericaliving.co.uk Fri: 8am-2pm
- S** **RECONNECTIVE HEALING** - Mouna Salih
07792 456 207 mounasalih@hotmail.com Sat: 1:15-5:15pm
- F** **REIKI** - Pollyanna Stringer
07814 874086 pollyannastringerreiki@yahoo.com Fri: 11am-2pm
- S** **REIKI** - Scarlett Jeffrey
07912 873 722 info@scarlettjeffrey.com Sat: 9am-1pm
- S** **REIKI, TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE** - Diana Da Silva
07828 174 079 clinic@dianadasilva.co.uk Sat: 9 to 1pm
- M** **ANGELIC REIKI, REIKI, CRYSTAL HEALING** - Pauline Khan
07870 902 921 paulinekhanht@gmail.com Mon: 5:30-8:30pm
- S** **SPIRITUAL COUNSELLING, SOUL PLAN, INTUITIVE READINGS** - Robyn Riddett
riddett@me.com www.robynleeriddett.com Sat: 1:15-4:15pm

All practitioners at the Light Centre are self-employed. When making bookings, customers are contracting with them directly and not with the Centre. As a result, practitioners manage their own diaries, **so please book with them directly.**

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