

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



LIGHT  
CENTRE  
MONUMENT

WINTER 2018

NEW  
SIMPLIFIED  
PRICING  
see pages  
10-11

LONDON'S  
LEADING  
HOLISTIC  
WELLBEING  
CENTRE

YOGA • HOT YOGA • PILATES • **NEW! PILATES REFORMER**  
THERAPIES • MASSAGE • **NEW! COLON HYDROTHERAPY**  
NUTRITION • COACHING • COURSES • 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

# HIRE OUR BEAUTIFUL STUDIOS FOR YOUR AMAZING EVENT

The Light Centre has 6 beautiful well-equipped STUDIOS for hire at our 3 centres, which are suitable for Courses, Workshops, Teacher Training, Corporate Events and much more.

full details at [lightcentre.com/studiohire](http://lightcentre.com/studiohire)



## Welcome to Light Centre Monument



The Monument Light Centre is our newest and brightest centre, opened in 2017. It represents the next step in our desire to be a pioneer in the world

of 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

Try our two **new rooms**

# PILATES REFORMER STUDIO

Our brand new **Pilates Reformer Studio @ Light Centre Monument** has the latest **Balanced Body** machines, ideal for achieving impressive results in body, shape and posture.

The **fantastic benefits** generally associated with Pilates Reformer classes are: **muscular strength, energy boost, cardio fitness, improved balance and core strength.**

Our opening offer of 2 weeks of classes for only £50\* is the perfect excuse to give it a try. Your body will thank you later.

# COLON HYDROTHERAPY

GRAVITY METHOD

**Colon Hydrotherapy**, together with a nutritional programme, has been shown to help with **digestive problems** like bloating, diarrhoea, constipation, flatulence, skin problems, headaches, candida (thrush / yeast infection), irritable bowel syndrome (IBS), allergies and intolerances.

All our Colon Hydrotherapists use the **Gravity Method** which uses gravity for the flow of water instead of pressure, machines, or electricity. This is a **manual and natural** colon hydrotherapy that is **gentle and relaxing**.

Try this **gentle cleanse** with an introductory session for only £90\*. Ask at reception for details.

\* Both offers only available for a limited time, be quick

## There's so much happening at our other centres too

LIGHT CENTRE BELGRAVIA  
9 Eccleston Street,  
London SW1W 9LX  
020 7881 0728  
[lightcentrebelgravia.co.uk](http://lightcentrebelgravia.co.uk)

LIGHT CENTRE MOORGATE  
114 London Wall,  
London, EC2M 5QA  
020 7628 7780  
[lightcentremoorgate.co.uk](http://lightcentremoorgate.co.uk)

# Classes Timetable

A class for every body



MONDAY	VINYASA FLOW YOGA All Levels <b>Robyn</b> 7.15 - 8am	PILATES All levels <b>Monika</b> 8.00 - 8.45am	VINYASA FLOW YOGA All Levels <b>Hermione</b> 12.00 - 12.45pm	YOGA Levels 1-2 <b>Androula</b> 12.30 - 1.15pm	PILATES All levels <b>Andrea</b> 12.45 - 1.30pm	YIN YOGA All levels <b>Patricia</b> 1.15 - 2pm	PILATES <b>4 BACKS</b> All levels <b>Andrea</b> 1.30 - 2.15pm	VINYASA FLOW YOGA All Levels <b>Loreta</b> 5-5.45pm	PILATES All levels <b>Anna</b> 5.30 - 6.15pm	YOGA FOR BETTER POSTURE All Levels <b>Sybille</b> 5.45 - 6.30pm	ASHTANGA YOGA All Levels <b>Luiz</b> 6.15 - 7.30pm	PREGNANCY YOGA All Levels <b>Sybille</b> 6.30 - 7.15pm	PILATES Level 1-2 <b>Anna</b> 7.30-8.30pm		
TUESDAY	ASHTANGA YOGA MYSORE Self practice <b>Alina</b> 7.15 - 8am	<b>NEW</b> PILATES All levels <b>Paulina</b> 8.00 - 8.45am	YOGA All Levels <b>Annabelle</b> 12.00 - 12.45pm	PILATES All Levels <b>Ana C</b> 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels <b>Erin</b> 12.45 - 1.30pm	PREGNANCY PILATES All Levels <b>Ana C</b> 1.15 - 2pm	ASHTANGA YOGA All Levels <b>Luiz</b> 1.30 - 2.15pm		VINYASA-FLOW YOGA All Levels <b>Anja</b> 5.30 - 6.30pm	<b>NEW</b> PILATES BEGINNER COURSE 5.45 - 6.45pm SEE NEXT PAGE >	<b>NEW</b> ASHTANGA YOGA All Levels <b>Peter</b> 6.15 - 7.15pm	PILATES All levels <b>Paulina</b> 6.45 - 7.30pm	KUNDALINI YOGA & GONG All Levels <b>Angad</b> 7.15 - 8.30pm	VINYASA FLOW YOGA All Levels <b>Austeja</b> 7.30 - 8.30pm	
WEDNESDAY	with <b>Peter</b> Drop in anytime between 6 - 9am	VINYASA FLOW YOGA All Levels <b>Youla</b> 7.15 - 8am	PILATES All levels <b>Irek</b> 8.00 - 8.45am	VINYASA FLOW YOGA All Levels <b>Hermione</b> 12.00 - 12.45pm	YOGA Levels 1-2 <b>Alina</b> 12.30 - 1.15pm	PILATES All levels <b>Irek</b> 12.45 - 1.30pm	YOGA FOR BETTER POSTURE All Levels <b>Sybille</b> 1.15 - 2pm	<b>NEW</b> PILATES Level 1-2 <b>Irek</b> 1.30 - 2.15pm	PREGNANCY YOGA All Levels <b>Anja</b> 2.30 - 3.30pm	VINYASA FLOW YOGA All Levels <b>Austeja</b> 5.00 - 5.45pm	PILATES All Levels <b>Michael</b> 5.30 - 6.15pm	ASHTANGA YOGA All Levels <b>Luiz</b> 5.45 - 7.00pm	SLOW FLOW YOGA All Levels <b>Ranjit</b> 6.15 - 7.15pm	PILATES BEGINNER COURSE 7.00 - 8.00pm SEE NEXT PAGE >	YOGA BEGINNER COURSE 7.15 - 8.15pm SEE NEXT PAGE >
THURSDAY	Everyday Mon - Fri	PILATES All levels <b>Irek</b> 7.00 - 7.45am	VINYASA FLOW YOGA All Levels <b>Raghibir</b> 7.45 - 8.30am	VINYASA FLOW YOGA All Levels <b>Anastasis</b> 12.00 - 12.45pm	PILATES All levels <b>Ana C</b> 12.30 - 1.15pm	ROCKET YOGA All Levels <b>Chloe</b> 12.45 - 1.30pm	PILATES <b>4 BACKS</b> All Levels <b>Ana C</b> 1.15 - 2pm	PREGNANCY YOGA All Levels <b>Anja</b> 1.30 - 2.15pm		PILATES All Levels <b>Maide</b> 5.30 - 6.15pm	VINYASA FLOW YOGA All Levels <b>Frankie</b> 5.45 - 6.45pm	SLOW FLOW YOGA All Levels <b>Ranjit</b> 6.15 - 7.15pm	YOGA BEGINNER COURSE 6.45 - 7.45pm SEE NEXT PAGE >	KUNDALINI YOGA & GONG All Levels <b>Laura</b> 7.15 - 8.30pm	
FRIDAY	VINYASA FLOW YOGA All Levels <b>Youla</b> 7.00 - 7.45am	PILATES All levels <b>Irek</b> 7.45 - 8.30am	YIN YOGA All levels <b>Patricia</b> 12.00 - 12.45pm	VINYASA FLOW YOGA All Levels <b>Sophie</b> 12.30 - 1.15pm	PREGNANCY PILATES All Levels <b>Maide</b> 12.45 - 1.30pm	VINYASA FLOW YOGA All Levels <b>Youla</b> 1.15 - 12.00pm	PILATES All Levels <b>Maide</b> 1.30 - 2.15pm		YIN YOGA All Levels <b>Patricia</b> 5.15 - 6.15pm	LOVING LIFE MEDITATION All Levels <b>Jana</b> 5.30 - 6.30pm	<p>Now at Light Centre Monument. See over &gt;</p>				

## YOGA STYLES

**Vinyasa Flow Yoga.** The exact synchronization of breath and movement. Stretching muscle, opening the joints and concluding in deep relaxation.

**Yoga for Better Posture.** Exercises with yoga that will reopen your posture. Essential for anyone who works in an office.

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

**Restorative / Therapeutic** Props are used to support the body so that you can hold poses for longer, allowing you to open your body through passive stretching.

**Pregnancy Yoga.** A great way to prepare you for labour and the birth of your baby. Learn postures that won't strain your body, and you'll meet other mums-to-be, too.

**Kundalini Yoga** focuses on breath and movement and challenges the students both physically and mentally.

## PILATES VARIATIONS

**Pilates** Increases strength and mobility leading to ease of movement. Improves circulation, boosting overall health and well being.

**Dynamic Pilates** tones and strengthens core areas using the stability roller and theraband. A fun class for experienced Pilates clients without back pain and injury.

**Pilates 4 Backs** Designed to strengthen the back by mobilising the spine and practicing and maintaining correct alignment.

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

## PILATES REFORMER STUDIO

**New Pilates Reformer Studio now open!**

Hosting regular weekly Reformer classes and Private 1-1 and group sessions.

See **pages 8-9** for teachers, timetables and more details.



# Beginner Courses



# NEW! Hot Yoga

YOGA FOR **EVERY** BODY!

**Beginner courses** in Yoga and Pilates are a great way to **build your confidence and skills**.

Courses typically run for 6 to 9 weeks, one evening a week, and there's one starting every few weeks

## YOGA

**Yoga 6 week Beginners Course** with Ranjit Singh £78  
Wednesdays 19:15-20:15 Starts 9 Jan to 13 Feb 2019

**Yoga 9 week Beginners Course** with Frankie Guarino £117  
Thursdays 18:45-19:45 Starts 10 Jan to 7 Mar 2019

**Yoga 9 week Beginners Course** with Ranjit Singh £117  
Wednesdays 19:15-20:15 Starts 20 Feb to 17 Apr 2019

**Yoga 6 week Beginners Course** with Frankie Guarino £78  
Thursdays 18:45-19:45 Starts 14 Mar to 18 Apr 2019

## PILATES

**Pilates 9 week Beginners Course** with Paulina Rogalska £117  
Tuesdays 17:45-18:45 Starts 8 Jan to 5 Mar 2019

**Pilates 6 week Beginners Course** with Michael Musch £78  
Wednesdays 19:00-20:00 Starts 9 Jan to 13 Feb 2019

**Pilates 9 week Beginners Course** with Michael Musch £117  
Wednesdays 19:00-20:00 Starts 20 Feb to 17 Apr 2019

**Pilates 6 week Beginners Course** with Paulina Rogalska £78  
Tuesdays 17:45-18:45 Starts 12 Mar to 16 Apr 2019

**A great way to get started**



MONDAY	<b>Hot Vinyasa Flow</b> 7.00-7.45am	<b>Hot Vinyasa Flow</b> 12.15-1pm	<b>Hot Vinyasa Flow</b> 1.15-2pm	<b>Hot Vinyasa Flow</b> 5.15-6pm	<b>Hot Vinyasa Flow</b> 6.15-7pm
TUESDAY	<b>Hot Vinyasa Flow</b> 7.30-8.15am	<b>Hot Vinyasa Flow</b> 12.15-1pm	<b>Hot Vinyasa Flow</b> 1.15-2pm	<b>Hot Vinyasa Flow</b> 5.15-6pm	<b>Hot Vinyasa Flow</b> 6.15-7pm
WEDNESDAY	<b>Hot Vinyasa Flow</b> 7.00-7.45am	<b>Hot Vinyasa Flow</b> 12.15-1pm	<b>Hot Vinyasa Flow</b> 1.15-2pm	<b>Hot Vinyasa Flow</b> 5.15-6pm	<b>Hot Vinyasa Flow</b> 6.15-7pm
THURSDAY	<b>Hot Vinyasa Flow</b> 7.30-8.15am	<b>Hot Vinyasa Flow</b> 12.15-1pm	<b>Hot Vinyasa Flow</b> 1.15-2pm	<b>Hot Vinyasa Flow</b> 5.15-6pm	<b>Hot Vinyasa Flow</b> 6.15-7pm
FRIDAY	<b>Hot Vinyasa Flow</b> 7.30-8.15am	<b>Hot Vinyasa Flow</b> 12.15-1pm	<b>Hot Vinyasa Flow</b> 1.15-2pm	<b>Hot Vinyasa Flow</b> 5-5.45pm	<b>Hot Nurturing Flow</b> 6-7pm

Vinyasa Flow: £13

Hot Nurturing Flow: £13

## WHAT YOU NEED TO KNOW

- Hot Yoga is for every 'body' you do not have to be bendy flexible or thin.
- Do not compare yourself to others in the class, it is just about you.
- Hot Yoga is carried out on your own towel or mat, this prevents you slipping around once sweaty.
- Bring your own towel or mat however mats are available for free.
- Hydrate Hydrate Hydrate before/ during / after your class.
- Chat to your instructor about anything, even if you are just having a bad day.
- If you are new stand at the back and copy others, we were all new once.

## CLASS DESCRIPTIONS

### Hot Vinyasa Flow

Our 45 minute signature Vinyasa Flow combines passive and active postures using your breath to deepen the experience both physically and mentally. Your instructor will guide you throughout the class working your body and calming your mind in equal measure.

**Suitable for all levels**

### Hot Nurturing Flow

Relax and unwind at the end of the week in this bliss-fest! In our lovely studio you will be guided gently through a slower flow, giving you time for reflection whilst nurturing mind and body.

**Ideal for beginners or anyone seeking nirvana at the end of a busy week!**

# Pilates Reformer Classes Timetable

Private 1:1 and Group  
Pilates Equipment Sessions

MONDAY



**REFORMER**  
All Levels  
**Lisa Marie**  
5.45 - 6.30pm

TUESDAY

**DYNAMIC REFORMER**  
All Levels  
**Anna B**  
1.15 - 2.00pm

**REFORMER**  
All Levels  
**Lisa T**  
5.45 - 6.30pm

**REFORMER**  
All Levels  
**Lisa T**  
6.30 - 7.15pm

WEDNESDAY

**INTENSE REFORMER**  
All Levels  
**Anna B**  
12.30 - 1.15pm

**DYNAMIC REFORMER**  
All Levels  
**Anna B**  
1.15 - 2.00pm

**CORE REFORMER**  
All Levels  
**Lisa Marie**  
5.30 - 6.15pm

**DYNAMIC REFORMER**  
All Levels  
**Michael**  
6.15 - 7.00pm

THURSDAY

**DYNAMIC REFORMER**  
All Levels  
**Lisa Marie**  
12.30 - 1.15pm

**CORE REFORMER**  
All Levels  
**Lisa Marie**  
1.15 - 2.00pm

**TRIM & TONE REFORMER**  
All Levels  
**Anna B**  
5.45 - 6.30pm

**INTENSE REFORMER**  
All Levels  
**Anna B**  
6.30 - 7.15pm

FRIDAY



**DROP-IN PRICES**  
£23 from 1st Jan 2019

**SAVE WITH OUR CLASS PACKS:**  
5 Class Pack £105 (£21 each)  
10 Class Pack £200 (£20 each)

MONDAY

**KATSURA ISOBE**  
**07960 906 781**  
8am - 2pm  
£75 / 60min



TUESDAY

**ANNA BIELA**  
**07861 743 003**  
7am - 2pm



**LISA TOSI**  
**07931 374 546**  
2.30 - 8.30pm  
£75 / 60min



WEDNESDAY

**CAMILLA PASETTO**  
**07741 980618**  
8am - 8.30pm



THURSDAY

**CAMILLA PASETTO**  
**07741 980618**  
8am - 8.30pm



FRIDAY

**TO BOOK  
A PRIVATE SESSION  
CALL INSTRUCTORS  
DIRECTLY**



**NEW!**  
**PILATES REFORMER STUDIO**  
@ LIGHT CENTRE MONUMENT



**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.

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.lightcentremonument.co.uk](http://www.lightcentremonument.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](http://www.lightcentre.com).

## CLASS PACKS

### Mat Class Packs

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

<b>5 CLASS PACK</b>	£60 (£12 per class)
<b>10 CLASS PACK</b>	£110 (£11 per class)

### Pilates Reformer Class Packs

For all Pilates Reformer classes only. (not valid for mat Yoga or Pilates)

<b>5 CLASS PACK</b>	£105 (£21 per class)
<b>10 CLASS PACK</b>	£200 (£20 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

2 great ways 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.

### 2 WEEKS of Pilates Reformer classes for **ONLY £50**

Never tried Pilates Reformer before? Get started for only £50. Sample all our Pilates Reformer classes for 2 whole weeks.

(For a more personalised experience, spaces are limited to 4 per class)

This offer is for clients who are new to Pilates Reformer and can only be used for Pilates Reformer Classes. 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 pilates reformer class per day. Not valid for Yoga, Pilates, Hot Yoga or Meditation classes, or Courses or Workshops.

## 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\*    Pilates Reformer - £23\*

\*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

M	<b>ACUPUNCTURE</b> - Davy Leung 07933 016 160 davy@longevityclinicuk.co.uk Mon: 2:30-8:30pm
W	<b>ACUPUNCTURE</b> - Yein Chin 07730 286 980 yein@wudou.co.uk Wed: 2:30-8:30pm
T	<b>ACUPUNCTURE, DEEP TISSUE MASSAGE</b> - Gabrielle Stephenson 0797 683 9461 gabrielle@bromptonacupuncture.com Tues: 2:30-8:30pm
Th	<b>ACUPUNCTURE, FERTILITY MASSAGE</b> - Silene Bricet 0794 462 3533 silene@bricetacupuncture.co.uk Thur: 8am-2pm
Th	<b>ACUPUNCTURE, KINESIOLOGY</b> - Paula Felgate 07810 845 950 paula@acupunctureregb.com Thur: 2:30-8:30pm
T Th	<b>ACUPUNCTURE, MANUAL LYMPHATIC DRAINAGE REIKI</b> - Giedre Babrauskiene 07972 705 733 rejuvenationacupuncture@gmail.com Tues & Thur: 2.30-8.30pm
T F	<b>ACUPUNCTURE, NUTRITION</b> - Michelle Adams 07850 478 832 michelle@thecloudgate.co.uk Tues: 2:30-8:30pm (from 15 Jan), Fri: 2.30-8.30pm
M	<b>ACUPUNCTURE, NUTRITION, AESTHETICS</b> - Miriam Adebibe 07773 756 836 drmiriama@gmail.com Mon: 5:30-8:30pm
W	<b>ACUPUNCTURE, MASSAGE, CHINESE MEDICINE</b> - Alejandro Rossetti 078 288 179 73 easternintegrative@gmail.com Wed: 2.30-8.30pm
M	<b>AROMATHERAPY, ESSENIAN HEALING, REFLEXOLOGY, HOLISTIC MASSAGE</b> - Antonello Brunetti 07593 693 334 info@pranavoice.com Mon: 2:30-8:30pm
W	<b>AROMATHERAPY, SPORTS, REMEDIAL &amp; INDIAN HEAD MASSAGE, REFLEXOLOGY, REIKI &amp; CRYSTAL MASSAGE</b> - Ersilia Arjocan 07791 879 256 contact@holistic-treats.net Wed: 2.30-8.30pm
M	<b>BESPOKE FACIALS, SKIN THERAPY, NUTRITIONAL THERAPY</b> - Katie White 07891 142 857 info@relax-ldn.com Mon: 5.30-8.30pm
Th	<b>BIODYNAMIC MASSAGE, 1:1 YOGA</b> - Emma Bond 07960 390 301 info@yogawithemmabond.com Thur: 2:30-8:30pm
F	<b>COLON HYDROTHERAPY, FUNCTIONAL MEDICINE CERTIFIED COACH</b> - Andrea Okos 07939 225 289 andrea@loveyourselfnow.co.uk Fri: 8am-2pm
M T	<b>COLON HYDROTHERAPY, FUNCTIONAL MEDICINE, NUTRITION, NATUROPATHY</b> - Brianan Dolan 07717 670 422 brianan@btinternet.com Mon & Tues: 2:30-8:30pm
W F	<b>COLON HYDROTHERAPY, KINESIOLOGY, NUTRITIONAL THERAPY</b> - Kaori Murphy 07891 573 397 info@innervitality.co.uk Wed: 10am-8pm & From 4 Jan, Fri: 2:30-8:30 pm
M	<b>CRANIOSACRAL THERAPY, SOMATIC MOVEMENT THERAPY</b> - Katsura Isobe 07960 906 781 info@katsuraisobe.net Mon: 8am- 2pm
W	<b>DEEP TISSUE MASSAGE, PREGNANCY MASSAGE</b> - Annie Abbs 07910 276 603 annie@refresh-me-massage.com Wed: 2:30-8:30pm

## PHYSICAL THERAPIES

M	<b>DEEP TISSUE MASSAGE, PREGNANCY MASSAGE</b> - Marine Lopez 07466 418 083 plpzmarine@hotmail.com Mon: 2:30-8:30pm
Th	<b>ENERGY HEALING, KINESIOLOGY, MASSAGE THERAPY, REIKI, WOMEN'S HEALTH</b> - Joanna Ciurkowska 07577029387 ciurkowskajoanna@gmail.com Thur: 8am-2pm
Th	<b>HYPNOBIRTHING, PREGNANCY MASSAGE, DOULA</b> - Sabrina Thompson 07587 861 597 stanfordsabrina@gmail.com Thur: 5:30-8:30pm
F	<b>INDIAN HEAD MASSAGE, FACIAL MASSAGE</b> - Asma Docrat 07956 655 110 asmadocrat@gmail.com Fri: 2:30-8:30pm
M	<b>LIFE CHANGE COACH, BODY BASED SOLUTIONS</b> - Rachel Glendinning 07974081741 bloomwellbeing@gmail.com Mon: 2:30-8:30pm
M W F	<b>MASSAGE</b> - Sergii Mazunin 07787 591 940 sergii.mazunin@gmail.com Mon & Wed: 2:30-8:30pm, Fri: 11am-8:30pm
M	<b>MASSAGE THERAPY, HOLISTIC MASSAGE, DEEP TISSUE, HOT STONE MASSAGE, CHAIR MASSAGE</b> - Majra Mallocci 07935091873 majramassagetherapist@gmail.com Mon: 11am-2pm
Th	<b>MASSAGE, BOWEN TECHNIQUE</b> - Toni Platon 07709 416 161 toniplaton3000@gmail.com Thurs: 2:30-8:30pm
F	<b>MASSAGE, DEEP TISSUE, SPORTS</b> - Samantha Wisbey 07598 843 195 info@squaremileosteopathy.com Fri: 8am-8:30pm
M T Th	<b>MASSAGE, THAI MASSAGE, REFLEXOLOGY, SHIATSU, PREGNANCY &amp; FERTILITY TREATMENTS</b> - Monica Pineider 07595 378 108 info@atoztherapies.com Mon: 5.30-8.30pm, Tues: 8am-2pm, Thur: 5.30-8.30pm
T	<b>MASSAGE, CLINICAL MASSAGE, REIKI, FACIAL REFLEXOLOGY, ZONE FACE LIFT</b> - Lavina Carrasco 07828 596 662 LavinaCarrasco@tappingflow.com Tues: 2:15-8:15pm
T	<b>OSTEOPATHY</b> - Amy Hope 07511 132 370 info@hopeosteopathy.co.uk Tues: 2:30-8:30pm
T Th	<b>OSTEOPATHY</b> - Eglantine Hallo 07891 574 248 eglantine_hallo@hotmail.co.uk Tues: 2:30-8:30pm, Thurs: 8am-5pm
Th	<b>OSTEOPATHY</b> - Kieran Lowe 07970 178 027 Kieran@juststonebody.com Thur: 8am-8:30pm
F	<b>OSTEOPATHY</b> - Stuart Bishop 07521 275 802 info@squaremileosteopathy.com Fri: 8am-8:30pm
M W	<b>OSTEOPATHY</b> - Valeria Ferreira 07763 149 005 valferr@mac.com Mon: 2:15-5:15pm, Wed: 8am-2pm

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KEY M Mondays T Tuesdays W Wednesdays Th Thursdays F Fridays



# Therapists



## PHYSICAL THERAPIES

- W** **OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE, REIKI** - Ivan Carasco  
07501 929 509 info@sattvalondon.com Wed: 2:30-8:30pm
- M** **OSTEOPATHY, MASSAGE** - Harriet Johnson  
07711 280 229 themonumentosteopath@gmail.com Mon: 2:30-8:30pm
- T** **OSTEOPATHY, SPORTS MASSAGE** - Nigel Robinson  
07970 178027 Kieran@justonebody.com Tues: 2:30-8:30pm
- T F** **PHYSIOTHERAPY, SPORTS / DEEP TISSUE MASSAGE, PILATES** - Maitrinara Farquharson  
07931 438 135 maitrinara@gmail.com Tues & Fri: 11am-2pm
- M T W Th F** **PODIATRY** - Karen Longwith, 21st Century Podiatry  
07921 588 087 info@eliminaser.co.uk Mon-Fri: 8am-8:30pm
- W** **REFLEXOLOGY, FERTILITY MASSAGE, ABDOMINAL SACRAL MASSAGE** - Rima Shah  
07947 359 838 info@calmandclear.co.uk Wed: 2:30-8:30pm
- T** **ROLFING** - Aidan Treays  
07808 352 584 aidantreays@me.com Tues: 5:30-8:30pm
- W** **ROLFING** - Anna Collins  
07986 250 305 aloha@thepolishedonion.com Wed: 2:30-8:30pm
- Th S** **SHIATSU MASSAGE** - Bev Breeze  
07967 005 794 bev@bbreeze.com Thur: 2:30-8:30pm, Sat: 10am-2pm
- S** **SPECIALIST PAIN PHYSIOTHERAPIST** - Tania Amorim  
07527 316 814 moving.self@gmail.com Sat: 9am-1pm
- W** **SPORTS & REMEDIAL MASSAGE, AYURVEDIC MEDICINE, YOGA** - Olya Generalova  
07771 913 439 info@bodhiyogalondon.co.uk Wed: 2:30-8:30pm
- F** **SPORTS MASSAGE** - James Hunt  
07808 225 807 james@physical-element.com Fri: 11.15am-2.15pm
- F** **SPORTS MASSAGE THERAPY, MASSAGE THERAPY** - Liz Marsland  
07411 352 966 Lizaspire@gmail.com Fri: 2:00-6:00pm
- Th** **SPORTS MASSAGE, PREGNANCY MASSAGE, ACUPUNCTURE, SPORTS THERAPY, INJURY THERAPY, NUTRITION** - Lucy Honeyman 07854 401 576  
contactbetterbodybalance@gmail.com Thur: 2.30-8.30pm Starts 7 Feb
- M** **THAI YOGA MASSAGE** - Elisabetta Marabotto  
07540 306 670 elisabetta.marabotto@gmail.com Mon: 2.30-8.30pm
- W** **THAI YOGA or OIL MASSAGE, INDIAN HEAD MASSAGE, SLEEP SOLUTION** - Patricia Creola 07872 161 314 patricia.creola@gmail.com  
Wed: 2:30-8:00pm

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# Therapists



## PHYSICAL THERAPIES

- MW** **YOGA 1 to 1, NATUROPATHY, HEALTH SCREENING** - Sybille Gebhardt  
07765 627 134 sybille@sybille.co.uk Mon: 2-5pm, Wed: 8am-1pm
- T** **YOGA THERAPY, WOMEN WELL-BEING, PREGNANCY/POST NATAL, DOULA** - Vera Dubrovina-Thompson 07957 468 895 info@veradubrovina.com  
Tues: 2:15- 5:15pm

## TALKING THERAPIES

- T** **COUNCELLING, STRESS AND ANXIETY MANAGEMENT** - Sam Baker  
07501 559 046 sam@ahelthiermind.co.uk Wed: 5.30-8.30pm
- Th F** **EMOTIONAL THERAPY, COUNSELLING** - Sally Thompson  
07434 659 850 sally@emotionaltherapy.london Thur: 8am-2pm, Fri: 2:30-8:30pm
- W** **HEALTH COACHING, STRESS MANAGEMENT, WOMEN'S HEALTH, LUCID DREAMING & ENERGY MEDICINE** - Ersilia Arjocan  
07791 879 256 contact@holistictreats.net Wed: 2.30-8.30pm
- Th** **HYPNOTHERAPY** - Nicolas Michaelides  
07989 418 887 nemichaelides@gmail.com Thur: 2:15-5:15pm
- M** **HYPNOTHERAPY, NLP, COACHING** - Jules Brinkley  
07833 175 568 jules@julesbrinkley.com Mon: 8am-11am
- M** **LIFE CHANGE COACH, BODY BASED SOLUTIONS** - Rachel Glendinning  
07974081741 bloomwellbeing@gmail.com Mon: 2:30-8:30pm
- M Th** **LIFE COACHING, CAREER CHANGE** - Siobhan Kangataran  
07580 327 229 info@togetherfurther.org Mon & Thur: 2:30-8:30pm
- F** **MEDITATION, COACHING, ENERGY MEDICINE** - Jana Krychtalkova  
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- F** **NUTRITIONAL THERAPY, REIKI, STRESS MANAGEMENT, THRIVE PROGRAMME** - Lisa Burton 07903 923 186 healthwithdrLisa@gmail.com Fri: 8am-2pm
- T Th** **RELATIONSHIP & ANXIETY THERAPY** - Isabelita Oliveira  
07478 311 085 info@TalkRelationships.co.uk Tues & Thurs: 2:30-8:30pm
- W** **SLEEP SOLUTIONS, THAI YOGA or OIL MASSAGE, INDIAN HEAD MASSAGE** - Patricia Creola 07872 161 314 patricia.creola@gmail.com Wed: 2:30-8:00pm
- W** **SLEEP SOLUTIONS, TRAVEL WELLNESS** - Christopher Babayode  
07777 680 522 christopher@nojetstress.com Wed: 2:30-8:00pm
- M** **THETA HEALER PRACTITIONER, MATCHMAKER** - Alex Vitillo  
07833 661149 alex@breathingheart.co.uk Mon: 8-11am

MORE THERAPISTS OVERLEAF >>

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- W** **AYURVEDIC MEDICINE, SPORTS & REMEDIAL MASSAGE, YOGA** - Olya Generalova  
07771 913 439 info@bodhiyogalondon.co.uk Wed: 2:30-8:30pm
- W** **CHINESE MEDICINE, ACUPUNCTURE, MASSAGE** - Alejandro Rossetti  
07828 817 973 easternintegrative@gmail.com Wed: 2.30-8.30pm
- M T** **FUNCTIONAL MEDICINE, NUTRITION, NATUROPATHY, COLONIC HYDROTHERAPY** -  
Brianan Dolan 07717 670 422 brianan@btinternet.com  
Mon & Tues: 2:30-8:30pm
- T** **HERBAL MEDICINE** - Siobhan Cosgrave  
07789 766 228 hello@siobhancosgrave.com Tues: 5:30-8:30pm
- Th** **HOMEOPATHY** - Jo Permaul  
07932 172 098 Joannepermaul@gmail.com Thur: 8am-2pm
- M W** **NATUROPATHY, HEALTH SCREENING, 1-1 YOGA** - Sybille Gebhardt  
07765 627 134 sybille@sybille.co.uk Mon: 2-5pm, Wed: 8am-1pm
- T F** **NUTRITION, ACUPUNCTURE** - Michelle Adams 07850 478832  
michelle@thecloudgate.co.uk Tues: 2:30-8:30pm (from 15 Jan), Fri: 2.30-8.30pm
- M** **NUTRITION, ACUPUNCTURE, AESTHETICS** - Miriam Adebibe  
07773 756 836 drmiriama@gmail.com Mon: 5:30-8:30pm
- Th** **NUTRITION, SPORTS MASSAGE, PREGNANCY MASSAGE, ACUPUNCTURE,  
SPORTS THERAPY, INJURY THERAPY** - Lucy Honeyman 07854 401 576  
contactbetterbodybalance@gmail.com Thur: 2.30-8.30pm Starts 7 Feb
- F** **NUTRITIONAL THERAPY (HOLISTIC)** - Katherine Tucker  
07711 921 073 bodyscienceworks@gmail.com Fri: 8am-2pm
- T** **NUTRITIONAL THERAPY, ACCESS BARS®, ACCESS BODY PROCESSES** - Sarah Moise  
07756 493 963 SMoise24@gmail.com Tues: 2:30-8:30pm
- M** **NUTRITIONAL THERAPY, BESPOKE FACIALS, SKIN THERAPY** - Katie White  
07891 142 857 info@relax-ldn.com Mon: 5.30-8.30pm
- W F** **NUTRITIONAL THERAPY, COLON HYDROTHERAPY, KINESIOLOGY** - Kaori Murphy  
07891 573 397 info@innervitality.co.uk  
Wed: 10 am-8 pm, & From 4 Jan Fri: 2:30 -8:30 pm
- F** **NUTRITIONAL THERAPY, REIKI, STRESS MANAGEMENT, THRIVE PROGRAMME** -  
Lisa Burton 07903 923 186 healthwithdrisa@gmail.com Fri: 8am-2pm
- W** **TRAVEL WELLNESS, SLEEP SOLUTIONS** - Christopher Babayode  
07777 680 522 christopher@nojetstress.com Wed: 2:30-8:00pm

## ENERGY THERAPIES

- W** **ACCESS BARS®, ACCESS BODY PROCESSES, NUTRITIONAL THERAPY** - Sarah Moise  
07756 493 963 SMoise24@gmail.com Tues: 2:30-8:30pm
- W** **ADVANCED ENERGY HEALING, REIKI, REFLEXOLOGY, CRYSTAL MASSAGE,  
DREAMWORK & SPIRITUAL COACHING** - Ersilia Arjocan  
07791 879 256 contact@holistictreats.net Wed: 2.30-8.30pm
- M T** **AROMATHERAPY, ESSENIAN HEALING, REFLEXOLOGY, HOLISTIC MASSAGE** -  
Antonello Brunetti 07593 693 334 info@pranavoice.com Mon: 2:30-8:30pm
- T** **CRANIOSACRAL THERAPY, SOMATIC MOVEMENT THERAPY** - Katsura Isobe  
07960 906 781 info@katsuraisobe.net Mon: 8am-2pm
- Th** **ENERGY HEALING, KINESIOLOGY, MASSAGE THERAPY, REIKI, WOMEN'S HEALTH** -  
Joanna Ciurkowska 07577029387 ciurkowskajoanna@gmail.com  
Thurs: 8am-2pm
- M W** **KINESIOLOGY, COLON HYDROTHERAPY, NUTRITIONAL THERAPY** - Kaori Murphy  
07891 573 397 info@innervitality.co.uk  
Wed: 10am-8pm & From 4 Jan, Fri: 2:30-8:30 pm
- T F** **MEDITATION, COACHING, ENERGY MEDICINE** - Jana Krychtalkova  
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- M** **MII-CHI ENERGY THERAPY** - Simon George  
simon@mii-chi.com Fri: 2:30-8:30pm
- Th** **REIKI** - Ness Dinger  
07534 897 321 ness@lifemasteryhub.com Fri: 8-11am
- F** **REIKI, FACIAL REFLEXOLOGY, ZONE FACE LIFT, CLINICAL MASSAGE** - Lavina Carrasco  
07828 596 662 LavinaCarrasco@tappingflow.com Tues: 2:15-8:15pm
- T** **REIKI, OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE** - Ivan Carasco  
07501 929 509 info@sattvalondon.com Wed: 2:30-8:30pm
- M** **REIKI, STRESS MANAGEMENT, THRIVE PROGRAMME, NUTRITIONAL THERAPY** -  
Lisa Burton 07903 923 186 healthwithdrisa@gmail.com Fri: 8am-2pm
- W F** **THE EMOTION CODE** - Jacquie Patton  
07407 383 644 jacquie@healyourheart.net Wed: 2.15-5.15pm
- F** **THETA HEALER PRACTITIONER, MATCHMAKER** - Alex Vitillo  
07833 661149 alex@breathingheart.co.uk Mon: 8-11am
- W** **WOMEN WELL-BEING, PREGNANCY/POST NATAL, DOULA, YOGA THERAPY** -  
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