

SPRING 2019

36 St Mary at Hill, London EC3R 8DU

[www.lightcentremonument.co.uk](http://www.lightcentremonument.co.uk)

020 7283 2846



LIGHT  
CENTRE  
MONUMENT

YOGA • HOT YOGA • PILATES  
PILATES REFORMER  
THERAPIES • MASSAGE  
COLON HYDROTHERAPY  
NUTRITION • COACHING  
COURSES  
WORKSHOPS  
and more

A woman with long brown hair tied back is shown in profile, performing a yoga pose on a pink mat. She is in a kneeling position with her right leg raised and bent at the knee, and her left arm extended upwards. She is wearing a black sports bra and blue leggings. The background is a plain, light-colored wall.

LONDON'S  
LEADING  
HOLISTIC  
WELLBEING  
CENTRE

# 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

Contact Sybille Gebhardt  
07765 627 134  
sybille@sybille.co.uk  
to book your screening

**THE No.1 VENUE FOR HOLISTIC  
WELLBEING EVENTS IN LONDON**



**HIRE OUR  
BEAUTIFUL STUDIOS FOR  
YOUR AMAZING EVENT**

**THE No.1 PLACE TO PRACTICE  
IN CENTRAL LONDON**



**WORK FROM ONE OF  
OUR CALM AND PEACEFUL  
THERAPY ROOMS**

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](http://lightcentre.com)

# 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

## New to Light Centre? Try us out with our great **INTRO OFFERS**



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

INCLUDING YOGA, HOT YOGA, PILATES  
AND MEDITATION

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

Full details on page 11 >

Buy now at [lightcentre.com/pricing](http://lightcentre.com/pricing)

## 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

MONDAY		<b>VINYASA FLOW YOGA</b> All Levels <b>Robyn</b> 7.15 - 8am	<b>PILATES</b> All levels <b>Monika</b> 8.00 - 8.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Hermione</b> 12.00 - 12.45pm	<b>YOGA</b> Levels 1-2 <b>Androula</b> 12.30 - 1.15pm	<b>PILATES</b> All levels <b>Andrea</b> 12.45 - 1.30pm	<b>YIN YOGA</b> All levels <b>Patricia</b> 1.15 - 2pm	
	<b>ASHTANGA YOGA MYSORE Self practice</b>		<b>VINYASA FLOW YOGA</b> All Levels <b>Loreta</b> 7.15 - 8am	<b>PILATES</b> All levels <b>Paulina</b> 8.00 - 8.45am	<b>YOGA</b> All Levels <b>Natalie</b> 12.00 - 12.45pm	<b>PILATES</b> All Levels <b>Ana C</b> 12.30 - 1.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Frankie</b> 12.45 - 1.30pm	 <b>PREGNANCY PILATES</b> All Levels <b>Ana C</b> 1.15 - 2pm
		with <b>Peter</b>	<b>VINYASA FLOW YOGA</b> All Levels <b>Youla</b> 7.15 - 8am	<b>PILATES</b> All levels <b>Sam</b> 8.00 - 8.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Hermione</b> 12.00 - 12.45pm	<b>YOGA</b> Levels 1-2 <b>Austeja</b> 12.30 - 1.15pm	<b>PILATES</b> All levels <b>Lisa</b> 12.45 - 1.30pm	<b>YOGA FOR BETTER POSTURE</b> All levels <b>Sybille</b> 1.15 - 2pm
		Drop in anytime between 6 - 9am	<b>PILATES</b> All levels <b>Sam</b> 7.00 - 7.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Raghbir</b> 7.45 - 8.30am	<b>VINYASA FLOW YOGA</b> All Levels <b>Anastasis</b> 12.00 - 12.45pm	<b>PILATES</b> All levels <b>Ana C</b> 12.30 - 1.15pm	<b>ROCKET YOGA</b> All Levels <b>Chloe</b> 12.45 - 1.30pm	<b>PILATES 4 BACKS</b> All Levels <b>Ana C</b> 1.15 - 2pm
		Everyday Mon - Fri	<b>VINYASA FLOW YOGA</b> All Levels <b>Youla</b> 7.00 - 7.45am	<b>PILATES</b> All levels <b>Sam</b> 7.45 - 8.30am	<b>YIN YOGA</b> All levels <b>Patricia</b> 12.00 - 12.45pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Youla</b> 12.30 - 1.15pm	<b>PILATES</b> All Levels <b>Maide</b> 12.45 - 1.30pm	<b>NEW</b> <b>ASHTANGA YOGA</b> All Levels <b>Peter</b> 1.15 - 2.00pm
FRIDAY								

## 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.



# A class for every body

<p><b>PILATES 4 BACKS</b> All levels <b>Andrea</b> 1.30 - 2.15pm</p>		<p><b>VINYASA FLOW YOGA</b> All Levels <b>Loreta</b> 5-5.45pm</p>	<p><b>PILATES</b> All levels <b>Anna</b> 5.30 - 6.15pm</p>	<p><b>YOGA FOR BETTER POSTURE</b> All Levels <b>Sybill</b> 5.45 - 6.30pm</p>	<p><b>ASHTANGA YOGA</b> All Levels <b>Luiz</b> 6.15 - 7.30pm</p>	<p> <b>PREGNANCY YOGA</b> All Levels <b>Sybill</b> 6.30 - 7.15pm</p>	<p><b>PILATES</b> Level 1-2 <b>Anna</b> 7.30-8.15pm</p>
<p><b>ASHTANGA YOGA</b> All Levels <b>Luiz</b> 1.30 - 2.15pm</p>		<p><b>VINYASA-FLOW YOGA</b> All Levels <b>Anja</b> 5.30 - 6.15pm</p>	<p><b>PILATES BEGINNER COURSE</b> 5.45 - 6.45pm SEE NEXT PAGE &gt;</p>	<p><b>ASHTANGA YOGA</b> All Levels <b>Peter</b> 6.15 - 7.15pm</p>	<p><b>PILATES</b> All levels <b>Paulina</b> 6.45 - 7.30pm</p>	<p><b>KUNDALINI YOGA &amp; GONG</b> All Levels <b>Angad</b> 7.15 - 8.30pm</p>	<p><b>VINYASA FLOW YOGA</b> All Levels <b>Austeja</b> 7.30 - 8.45pm</p>
<p><b>PILATES</b> Level 1-2 <b>Lisa</b> 1.30 - 2.15pm</p>	<p> <b>PREGNANCY YOGA</b> All Levels <b>Anja</b> 2.30 - 3.30pm</p>	<p><b>PILATES</b> All Levels <b>Clare</b> 5.30 - 6.15pm</p>	<p><b>ASHTANGA YOGA</b> All Levels <b>Luiz</b> 5.45 - 7.00pm</p>	<p><b>SLOW FLOW YOGA</b> All Levels <b>Ranjit</b> 6.15 - 7.15pm</p>	<p><b>PILATES BEGINNER COURSE</b> 7.00 - 8.00pm SEE NEXT PAGE &gt;</p>	<p><b>YOGA BEGINNER COURSE</b> 7.15 - 8.15pm SEE NEXT PAGE &gt;</p>	
<p> <b>PREGNANCY YOGA</b> All Levels <b>Anja</b> 1.30 - 2.15pm</p>		<p><b>PILATES</b> All Levels <b>Maide</b> 5.30 - 6.15pm</p>	<p><b>VINYASA FLOW YOGA</b> All Levels <b>Chloe</b> 5.45 - 6.45pm</p>	<p><b>SLOW FLOW YOGA</b> All Levels <b>Ranjit</b> 6.15 - 7.15pm</p>	<p><b>YOGA BEGINNER COURSE</b> 6.45 - 7.45pm SEE NEXT PAGE &gt;</p>	<p><b>KUNDALINI YOGA &amp; GONG</b> All Levels <b>Laura</b> 7.15 - 8.30pm</p>	
<p> <b>PREGNANCY PILATES</b> All Levels <b>Maide</b> 1.30 - 2.15pm</p>		<p><b>YIN YOGA</b> All Levels <b>Patricia</b> 5.15 - 6.15pm</p>	<p><b>LOVING LIFE MEDITATION</b> All Levels <b>Jana</b> 5.30 - 6.30pm</p>		<div style="background-color: red; color: white; padding: 20px; text-align: center;"> <h1 style="font-size: 4em; margin: 0;">HOT YOGA</h1> <p style="font-size: 1.2em; margin: 0;">Now at Light Centre Monument.</p> <p style="font-size: 1.2em; margin: 0;">See over &gt;</p> </div>		

## 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



**Beginner courses** in Yoga, Hot 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

- |   |      |
|---|------|
| <b>Yoga 6 week Beginners Course</b> with Chloe Smart<br>Thursdays 18:45-19:45 Starts 14 Mar to 18 Apr | £78  |
| <b>Yoga 6 week Beginners Course</b> with Ranjit Singh<br>Wednesdays 19:15-20:15 Starts 1 May to 5 Jun | £78  |
| <b>Yoga 9 week Beginners Course</b> with Chloe Smart<br>Thursdays 18:45-19:45 Starts 2 May to 27 Jun  | £117 |

## HOT YOGA

- |   |     |
|---|-----|
| <b>Hot Yoga 6 week Beginners Course</b> with Drew Collinson<br>Tuesdays 13:15-14:00 Starts 12 Mar to 16 Apr | £78 |
| <b>Hot Yoga 7 week Beginners Course</b> with Drew Collinson<br>Tuesdays 13:15-14:00 Starts 30 Apr to 1 May  | £91 |

## PILATES

- |  |      |
|--|------|
| <b>Pilates 6 week Beginners Course</b> with Paulina Rogalska<br>Tuesdays 17:45-18:45 Starts 12 Mar to 16 Apr | £78  |
| <b>Pilates 9 week Beginners Course</b> with Paulina Rogalska<br>Tuesdays 17:45-18:45 Starts 30 Apr to 25 Jun | £117 |
| <b>Pilates 6 week Beginners Course</b> with Clare Sheridan<br>Wednesdays 19:00-20:00 Starts 1 May to 5 Jun   | £78  |

**A great way to get started**

# NEW! Hot Yoga

YOGA FOR **EVERY** BODY!

MON	<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
TUES	<b>Hot Vinyasa Flow</b> 7.30 - 8.15am	<b>Hot Vinyasa Flow</b> 12.15 - 1pm	<b>Hot Vinyasa Flow</b> 5.15 - 6pm	<b>Hot Vinyasa Flow</b> 6.15 - 7pm	<b>Dynamic Flow Hot Yoga</b> 7.15 - 8pm
WED	<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
THUR	<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
FRI	<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

All Hot Yoga Classes: £13 (from Jan 2019)

**SIZZLING  
INTRODUCTORY  
OFFER!**

**TWO WEEKS OF CLASSES  
ONLY £30**

For new customers only. Full details of Intro Offer on page 11

## 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

MONDAY



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

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

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  
**Lisa Marie**  
12.30 - 1.15pm

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

**CORE REFORMER**  
All Levels  
**Michael**  
5.30 - 6.15pm

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

**REFORMER**  
All Levels  
**Michael**  
7.00 - 7.45pm

THURSDAY

**REFORMER**  
All Levels  
**Sam**  
7.45 - 8.30am

**REFORMER**  
All Levels  
**Sam**  
12.30 - 1.15pm

**REFORMER**  
All Levels  
**Sam**  
1.15 - 2.00pm

**TRIM & TONE REFORMER**  
All Levels  
**Lisa Marie**  
5.45 - 6.30pm

**INTENSE REFORMER**  
All Levels  
**Lisa Marie**  
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)



# Private 1:1 and Group Pilates Equipment Sessions

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

THURSDAY

FRIDAY

**SAM LISBOA**

**07462 652 004**

7.45am - 2pm



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



# 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).

# Pricing

## OUR BEST DEALS

### UNLIMITED PASS

UNLIMITED  
mat classes  
for only  
**£85** a month



**BEST  
VALUE!**

#### 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.

Buy at [lightcentre.com/pricing](http://lightcentre.com/pricing)

**NEW TO LIGHT CENTRE?  
CHECK OUT OUR GREAT  
INTRO OFFERS**

TRY US FOR AS LITTLE AS

**£30!**

**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

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

# Therapists



## 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, CUPPING, TUI NA MASSAGE, GUA SHA</b> – Liz Manning 07768 376 685 lizmanningacupuncture@gmail.com Thur: 5.30-8.30pm
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@acupuncturegb.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 & Fri: 2:30-8:30pm
W	<b>ACUPUNCTURE, MASSAGE, CHINESE MEDICINE</b> – Alejandro Rossetti 07828 817 973 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, INDIAN HEAD, REFLEXOLOGY, CRYSTAL MASSAGE</b> – Ersilia Arjocan 07791 879 256 contact@holistic treats.net Wed: 2:30-8:30pm
Th	<b>SKIN NUTRITIONIST, NATURAL SKINCARE FORMULATOR, NATURAL FACIALS</b> – Cat Flanagan 07912 576 564 hello@beplainingorgeous.com Thur: 11:15am-2:15pm
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 Th	<b>COLON HYDROTHERAPY, KINESIOLOGY, NUTRITIONAL THERAPY</b> – Kaori Murphy 07891 573 397 info@innervitality.co.uk Wed: 10am-8pm, Thur: 2:30-8:30pm
M	<b>CRANIOSACRAL THERAPY, SOMATIC MOVEMENT THERAPY</b> – Katsura Isobe 07960 906 781 info@katsuraisobe.net Mon: 8am-2pm
Th	<b>ENERGY HEALING, KINESIOLOGY, MASSAGE THERAPY, REIKI, WOMEN'S HEALTH</b> – Joanna Ciurkowska 07577 029 387 ciurkowskajoanna@gmail.com Thur: 8am-2pm

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## PHYSICAL THERAPIES

- 
- Th** **FUNCTIONAL LAB TESTING, HEALTH COACHING, EFT/TAPPING** – Stacy Marx  
07948 375 860 gritwellness@gmail.com Thur 2:15 - 5:15pm
- 
- Th** **HYPNOBIRTHING, PREGNANCY MASSAGE, DOULA** – Sabrina Thompson  
07587 861 597 stanfordsabrina@gmail.com Thur: 5:30-8:30pm
- 
- F** **INDIAN HEAD MASSAGE, FACIAL MASSAGE** – Asma Docrat  
07956 655 110 asmadocrat@gmail.com Fri: 2:30-8:30pm
- 
- M** **MASSAGE, DEEP TISSUE, SPORTS, OSTEOPATHY, 1:1 YOGA TEACHING** – Annabelle Loras  
07979 905 204 annabelle.osteo@outlook.com Mon: 11am-2pm.
- 
- M W F** **MASSAGE** – Sergii Mazunin 07787 591 940  
sergii.mazunin@gmail.com Mon & Wed: 2:30-8:30pm, Fri: 11am-8:30pm
- 
- M** **MASSAGE: HOLISTIC, DEEP TISSUE, HOT STONE, CHAIR** – Majra Mallocci  
07935 091 873 majramassage therapist@gmail.com Mon: 11am-2pm
- 
- Th** **MASSAGE, BOWEN TECHNIQUE** – Toni Platon  
07709 416 161 toniplaton3000@gmail.com Thur: 2:30-8:30pm
- 
- F** **MASSAGE, DEEP TISSUE, SPORTS** – Samantha Wisbey  
07598 843 195 info@squaremileosteopathy.com Fri: 2:30-8:30pm
- 
- M T Th** **MASSAGE, THAI, REFLEXOLOGY, SHIATSU, PREGNANCY, FERTILITY** – Monica Pineider  
07595 378 108 info@atozentherapies.com Mon & Thur: 5:30-8:30pm, Tues: 8am-2pm
- 
- T** **MASSAGE, CLINICAL MASSAGE, REIKI, FACIAL REFLEXOLOGY, ZONE FACE LIFT** –  
Lavina Carrasco 07828 596 662 LavinaCarrasco@tappingflow.com Tues: 2:15-8:15pm
- 
- T** **OSTEOPATHY** – Amy Hope  
07511 132 370 info@hopeosteopathy.co.uk Tues: 2:30-8:30pm
- 
- T Th** **OSTEOPATHY** – Eglantine Hallo  
07891 574 248 eglantine\_hallo@hotmail.co.uk Tues: 2:30-8:30pm, Thur: 8am-2pm
- 
- M** **OSTEOPATHY, SPORTS MASSAGE/DEEP TISSUE, DRY-NEEDLING** – Jackie Tan  
07517 700 018 shiangjt@gmail.com Mon: 2.30-8.30pm
- 
- Th** **OSTEOPATHY, SPORTS MASSAGE** – Kieran Lowe  
07970 178 027 kieran@justonebody.com Thur: 2:30-8:30pm.
- 
- M W** **OSTEOPATHY** – Valeria Ferreira  
07763 149 005 valferr@mac.com Mon: 2:15-5:15pm, Wed: 8am-2pm
- 
- M W** **OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE, REIKI** – Ivan Carasco  
07501 929 509 info@sattvalondon.com Mon: 5:30-8:30pm, 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
-

# Therapists



## PHYSICAL THERAPIES

- T F** **PHYSIOTHERAPY, SPORTS / DEEP TISSUE MASSAGE, PILATES** – Maitrinara Farquharson  
07931 438 135 [www.londonphysiopilates.com](http://www.londonphysiopilates.com) Tues & Fri: 11am-2pm
- M T W Th F** **PODIATRY, NAIL LASER TREATMENT** – 21st Century Podiatry  
020 7867-3930 [info@21stpodiatriy.co.uk](mailto:info@21stpodiatriy.co.uk) Mon-Fri: 8am-8:00pm.
- W** **REFLEXOLOGY, HEALTH AND PERSONAL DEVELOPMENT COACHING** – Julia Briscoe  
07899667036 [julia.briscoe2015@gmail.com](mailto:julia.briscoe2015@gmail.com) Wed: 8am-2pm.
- W** **FERTILITY REFLEXOLOGY/MASSAGE, PREGNANCY REFLEX/MASS, FACIAL REJUVENATION**  
– Rima Shah 07947 359 838 [info@calmandclear.co.uk](mailto:info@calmandclear.co.uk) Wed: 2:30-8pm.
- M** **REFLEXOLOGY, INDIAN HEAD MASSAGE** – Tracey Smith  
07899 077 855 [hello@traceysmithreflexology.co.uk](mailto:hello@traceysmithreflexology.co.uk) Mon: 2:30-8:30pm
- T** **ROLFING® STRUCTURAL INTEGRATION** – Aidan Treays  
07808 352 584 [aidantreays@me.com](mailto:aidantreays@me.com) Tues: 5:30-8:30pm
- W** **ROLFING** – Anna Collins  
07986 250 305 [aloha@thepolishedonion.com](mailto:aloha@thepolishedonion.com) Wed: 2:30-8:30pm
- Th S** **SHIATSU MASSAGE** – Bev Breeze  
07967 005 794 [bev@bbreeze.com](mailto:bev@bbreeze.com) Thur: 2:30-8:30pm, Sat: 10am-2pm
- S** **SPECIALIST PAIN PHYSIOTHERAPIST** – Tania Amorim  
07527 316 814 [moving.self@gmail.com](mailto:moving.self@gmail.com) Sat: 9am-1pm
- W** **SPORTS & REMEDIAL MASSAGE, AYURVEDIC MEDICINE, YOGA** – Olya Generalova  
07771 913 439 [info@bodhiyogalondon.co.uk](mailto:info@bodhiyogalondon.co.uk) Wed: 2:30-8:30pm
- F** **SPORTS MASSAGE** – James Hunt  
07808 225 807 [james@physical-element.com](mailto:james@physical-element.com) Fri: 11:15am-2:15pm
- T** **SPORTS MASSAGE THERAPY, MASSAGE THERAPY** – Liz Marsland  
07411 352 966 [Lizaspire@gmail.com](mailto:Lizaspire@gmail.com) Tue: 8am-2pm
- Th** **SPORTS MASSAGE, PREGNANCY MASSAGE, ACUPUNCTURE, INJURY THERAPY, NUTRITION**  
– Lucy Honeyman 07854 401 576 [contactbetterbodybalance@gmail.com](mailto:contactbetterbodybalance@gmail.com) Thurs
- M** **THAI YOGA MASSAGE** – Elisabetta Marabotto  
07540 306 670 [elisabetta.marabotto@gmail.com](mailto: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](mailto:patricia.creola@gmail.com) Wed: 2:30-8:00pm
- M W** **YOGA 1 to 1, NATUROPATHY, HEALTH SCREENING** – Sybille Gebhardt  
07765 627 134 [sybille@sybille.co.uk](mailto: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](mailto:info@veradubrovina.com) Tues: 2:15- 5:15pm

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# Therapists



## TALKING THERAPIES

- 
- M** **COGNITIVE THERAPY, HYPNOTHERAPY, MEDITATION** – Alexandra Taylor  
07891 175 386 alexandra@aeglemind.co.uk Mon: 2:30-8:30pm.
- 
- Th** **COGNITIVE HYPNOTHERAPY** – Nancy Madden  
07939 356 050 info@nancymaddentherapy.com Thur: 8am-2pm
- 
- W** **COUNSELLING, STRESS AND ANXIETY MANAGEMENT** – Sam Baker  
07501 559 046 sam@ahealthiermind.co.uk Wed: 5:30-8:30pm
- 
- Th** **EFT/TAPPING, INTEGRATIVE HOLISTIC HEALTH COACHING** – Stacy Marx  
07948 375 860 gritwellness@gmail.com Thur 2:15 - 5:15pm
- 
- F** **EMOTIONAL THERAPY, COUNSELLING** – Sally Thompson  
07434 659 850 sally@emotionaltherapy.london Fri: 2:30-8:00pm
- 
- W** **HEALTH COACHING, STRESS MANAGEMENT, WOMEN'S HEALTH** – Ersilia Arjocan  
07791 879 256 contact@holisticstreats.net Wed: 2:30-8:30pm
- 
- W** **HEALTH AND PERSONAL DEVELOPMENT COACHING, REFLEXOLOGY** – Julia Briscoe  
07899667036 julia.briscoe2015@gmail.com Wed: 8am-2pm.
- 
- M** **HYPNOTHERAPY, NLP, COACHING** – Jules Brinkley  
07833 175 568 jules@julesbrinkley.com Mon: 8am-11am
- 
- T** **HYPNOTHERAPY** – Lora Cannon  
0207 971 7677 info@hypnosis-in-london.com Tue: 8-11am
- 
- F** **HYPNOTHERAPY** – Nisha Soni  
07464 323 637 neesehypnotherapy@gmail.com Fri: 5:30-8:30pm
- 
- Th** **LIFE COACHING, CAREER CHANGE** – Siobhan Kangataran  
07580 327 229 info@togetherfurther.org Thur: 2:30-8:30pm
- 
- W** **WELLBEING COACH, NLP, ENERGY WORK** – Emma Tuffey  
07976 262 260 info@emmatuffey.co.uk Wed: 8am-2pm
- 
- F** **MEDITATION, COACHING, ENERGY MEDICINE** – Jana Krychtalkova  
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- 
- T Th** **RELATIONSHIP & ANXIETY THERAPY** – Isabelita Oliveira  
07478 311 085 info@TalkRelationships.co.uk Tues & Thur: 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
- 

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 Monument: Thurs 11:15-2:15  
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# Therapists



## NUTRITION THERAPIES

- 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
- S** **FUNCTIONAL MEDICINE, NUTRITIONAL MEDICINE, LIFESTYLE MEDICINE** – Dr Klaudia Raczko  
07988 962 237 drklaudia@convaliahealth.com Sat: 9am-1pm
- Th** **INTEGRATIVE HOLISTIC HEALTH COACHING, FUNCTIONAL LAB TESTING** – Stacy Marx  
07948 375 860 gritwellness@gmail.com Thur 2:15 - 5:15pm
- 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 478 832 michelle@thecloudgate.co.uk Tues: 2:30-8:30pm, Fri: 2:30-8:30pm
- Th** **NUTRITION, SPORTS MASSAGE, PREGNANCY MASSAGE** – Lucy Honeyman  
07854 401 576 contactbetterbodybalance@gmail.com Thur: 2:30-8:30pm
- 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
- W** **NUTRITIONAL THERAPY, COLON HYDROTHERAPY, KINESIOLOGY** – Kaori Murphy  
07891 573 397 info@innervitality.co.uk Wed: 10am-8pm, Thur: 2:30-8:30pm
- Th** **PERFORMANCE NUTRITIONIST** – Sarah-Jane Holt  
07772 416 993 info@sarahjaneholt.co.uk Thur: 2:15-5:15pm
- W** **TRAVEL WELLNESS, SLEEP SOLUTIONS** – Christopher Babayode  
07777 680 522 christopher@nojetstress.com Wed: 2:30-8:00pm

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- W** **ACCESS BARS®, ACCESS BODY PROCESSES, NUTRITIONAL THERAPY** – Sarah Moise  
07756 493 963 SMoise24@gmail.com Tues: 2:30-8:30pm
- W** **ENERGY HEALING, REIKI, REFLEXOLOGY, CRYSTAL MASSAGE, 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 WORK, WELLBEING COACH, NLP** – Emma Tuffey  
07976 262 260 info@emmatuffey.co.uk Wed: 8am-2pm
- M W** **ENERGY HEALING, KINESIOLOGY, MASSAGE THERAPY, REIKI, WOMEN'S HEALTH** –  
Joanna Ciurkowska 07577029387 ciurkowskajoanna@gmail.com Thur: 8am-2pm
- T F** **ESOTERIC HEALING AND BODYWORK** – Sara Williams  
07795 164 144 contact@sarawilliams.info Tues: 7am-2pm
- M** **KINESIOLOGY, COLON HYDROTHERAPY, NUTRITIONAL THERAPY** – Kaori Murphy  
07891 573 397 info@innervitality.co.uk Wed: 10am-8pm Thur: 2:30-8:30pm
- Th** **MEDITATION, COACHING, ENERGY MEDICINE** – Jana Krychtalkova  
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- T** **REIKI** – Ness Dinger  
07534 897 321 ness@lifemasteryhub.com Fri: 8-11am
- M** **REIKI, FACIAL REFLEXOLOGY, ZONE FACE LIFT, CLINICAL MASSAGE** – Lavina Carrasco  
07828 596 662 LavinaCarrasco@tappingflow.com Tues: 2:15-8:15pm
- W F** **REIKI, OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE** – Carasco  
07501 929 509 info@sattvalondon.com Wed: 2:30-8:30pm
- F** **THE EMOTION CODE** – Jacquie Patton  
07407 383 644 jacquie@healyourheart.net Wed: 2.15-5.15pm
- W** **THETA HEALER PRACTITIONER, MATCHMAKER** – Alex Vitillo  
07833 661149 alex@breathingheart.co.uk Mon: 8-11am
- T** **WOMEN WELL-BEING, PREGNANCY/POST NATAL, DOULA, YOGA THERAPY** – Vera  
Dubrovina-Thompson 07957 468 895 info@veradubrovina.com Tues: 2:15- 5:15pm

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