

114 London Wall, London, EC2M 5QA

lightcentremoorgate.co.uk

020 7628 7780

SPRING 2019



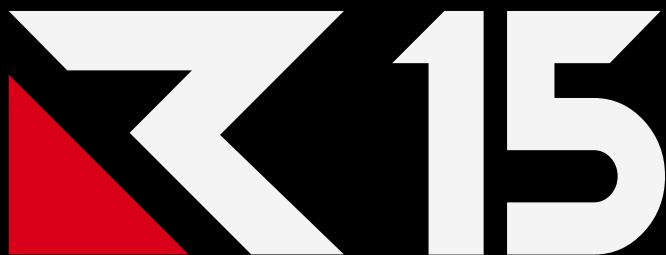
LIGHT  
CENTRE  
MOORGATE

LONDON'S  
LEADING  
HOLISTIC  
WELLBEING  
CENTRE



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# Welcome to Light Centre Moorgate



The Moorgate Light Centre was the second centre I opened, over five years ago now. I designed it to be a pioneer for holistic health and wellbeing

in the City of London, 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

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



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

**INCLUDING YOGA, HOT YOGA\*, PILATES  
AND MEDITATION**

Full details on [page 11 >](#)

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

\* Hot Yoga available at Monument Centre

## 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](http://lightcentremonument.co.uk)

### LIGHT CENTRE BELGRAVIA

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

# Classes Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>ASHTANGA YOGA MYSORE Self practice</b>  with <b>Adam</b>  Drop in anytime between 6 - 9am  Mon - Fri	<b>VINYASA FLOW YOGA</b> All Levels <b>Alsu</b> 7.15 - 8am	<b>NEW TEACHER VINYASA FLOW YOGA</b> All Levels <b>Raghibir</b> 8 - 8.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Alessandra</b> 11 - 12.30pm	<b>PILATES</b> All Levels <b>Ana</b> 12.30 - 1.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Alessandra</b> 12.45 - 1.30pm	<b>PILATES</b> Level 1-2 <b>Irek/Ana</b> 1.15 - 2pm
	<b>VINYASA FLOW YOGA</b> All Levels <b>Youla</b> 7 - 8am	<b>VINYASA FLOW YOGA</b> All Levels <b>Youla</b> 8 - 8.45am	<b>PILATES 4 BACKS</b> All Levels <b>Anna B</b> 12 - 12.45pm	<b>PILATES</b> All Levels <b>Clare</b> 12.30 - 1.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Androula</b> 12.45 - 1.30pm	 <b>PREGNANCY YOGA</b> All Levels <b>Maisie</b> 1.15 - 2pm
	<b>VINYASA FLOW YOGA</b> All Levels <b>Donna</b> 7.15 - 8am	<b>VINYASA FLOW YOGA</b> All Levels <b>John</b> 8 - 8.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Anastasis</b> 11 - 11.45pm	<b>PILATES</b> All Levels <b>Tori</b> 12.30 - 1.15pm	<b>YOGA</b> All Levels <b>Ranjit</b> 12.30 - 1.15pm	<b>STRENGTH- ENING PILATES</b> <b>Tori</b> 1.15 - 2pm
	<b>VINYASA FLOW YOGA</b> All Levels <b>Tom</b> 7 - 8am	<b>VINYASA FLOW YOGA</b> All Levels <b>Tom</b> 8 - 8.45am	<b>VINYASA FLOW YOGA</b> All Levels <b>Dorothea</b> 12 - 12.45pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Dorothea</b> 12 - 12.45pm	<b>PILATES</b> All levels <b>Clare</b> 12.30 - 1.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Alessandra</b> 12.45 - 1.30pm
	<b>NEW TEACHER VINYASA FLOW YOGA</b> All Levels <b>Raghibir</b> 7.15 - 8am	<b>VINYASA FLOW YOGA</b> All Levels <b>Dorothea</b> 8 - 8.45am	<b>PILATES</b> All levels <b>Anna B</b> 12 - 12.45pm	<b>YOGA</b> All Levels <b>Nicole</b> 12.30 - 1.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Androula</b> 12.45 - 1.30pm	<b>PILATES</b> All Levels <b>Anna B</b> 1.15 - 2pm

## 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

<b>RESTORATIVE YOGA</b> All Levels <b>Nicole</b> 1.45 - 2.30pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Tom</b> 2 - 2.45pm	<b>PILATES</b> All levels <b>Clare</b> 5.30 - 6.15pm	<b>YOGA</b> Level 1-2 <b>Francesca</b> 6 - 7.15pm	<b>PILATES BEGINNER COURSE</b> 6.15 - 7.15pm SEE PAGE 8 >	<b>YOGA BEGINNER COURSE</b> 7.15 - 8.15pm SEE PAGE 8 >	<b>ASHTANGA YOGA</b> All Levels <b>Peter</b> 7.15 - 8.30pm	
<b>KUNDALINI YOGA EXPRESS</b> <b>Emma</b> 1.30 - 2.15pm	<b>PILATES</b> All Levels <b>Irek</b> 2 - 2.45pm	<b>YOGA HAND-STANDS</b> <b>Guillermo</b> 2.15 - 3pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Dorothea</b> 5.30 - 6.15pm	 <b>PREGNANCY PILATES</b> All levels <b>Anna B</b> 5.30 - 6.15pm	<b>YOGA BEGINNER COURSE</b> 6.15 - 7.15pm SEE PAGE 8 >	<b>PILATES</b> All Levels <b>Anna B</b> 6.15 - 7pm	<b>YOGA</b> All Levels <b>Lex</b> 7.15 - 8.30pm
<b>VINYASA FLOW YOGA</b> All Levels <b>John</b> 1.15 - 2pm	<b>YOGA</b> Level 1-2 <b>Youla</b> 2 - 2.45pm	 <b>PREGNANCY YOGA</b> All Levels <b>Fleur</b> 5.30 - 6.15pm	<b>PILATES BEGINNER COURSE</b> 5.45 - 6.45pm SEE PAGE 8 >	<b>VINYASA FLOW YOGA</b> All Levels <b>Dorothea</b> 6.15 - 7.15pm	<b>PILATES</b> All Levels <b>Anna B</b> 6.45 - 7.30pm	<b>NEW</b> <b>ROCKET YOGA</b> Level 1-2 <b>Maz</b> 7.15 - 8.30pm	
<b>PILATES 4 BACKS</b> All levels <b>Clare</b> 1.15 - 2pm	<b>YOGA</b> All Levels <b>Ranjit</b> 1.30 - 2.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Nikki</b> 2 - 2.45pm	 <b>PREGNANCY PILATES</b> All levels <b>Ana</b> 5.30 - 6.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Androula</b> 5.45 - 7pm	<b>PILATES</b> All levels <b>Ana</b> 6.15 - 7pm	<b>ASHTANGA YOGA</b> All Levels <b>Peter</b> 7 - 8.30pm	<b>KUNDALINI YOGA</b> <b>Emma</b> 7 - 8.15pm
<b>NEW</b> <b>YIN YOGA</b> All Levels <b>Aisha</b> 1.30 - 2.15pm	<b>RESTORATIVE YOGA</b> All Levels <b>Nicole</b> 2 - 2.45pm	<b>PILATES</b> All Levels <b>Monika</b> 5.30 - 6.15pm	<b>VINYASA FLOW YOGA</b> All Levels <b>Nikki</b> 5.45 - 7pm	 <b>PREGNANCY YOGA</b> All Levels <b>Brenda</b> 6.15 - 7.15pm	<b>ASHTANGA YOGA</b> All Levels <b>Peter S</b> 7.15 - 8.30pm		

## 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 for Backs** is designed to strengthen the back support muscles, by mobilising the spine and practicing and maintaining correct alignment.

**Dynamic Pilates** will tone and strengthen core areas using the stability roller and theraband. This is a fun class for experienced Pilates

clients without back pain and injury.

**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.

# Pilates Reformer Classes Timetable

MONDAY			<b>REFORMER</b> Level 1-2 <b>Tori</b> 1.15 - 2pm	<b>REFORMER</b> Level 1-2 <b>Ana</b> 2 - 2.45pm	<b>REFORMER</b> Level 1-2 <b>Ana</b> 5.45 - 6.30pm	<b>REFORMER BEGINNER COURSE</b> <b>Ana</b> 6.30 - 7.15pm	<b>REFORMER</b> Level 1-2 <b>Ana</b> 7.15 - 8pm
	TUESDAY	<b>REFORMER</b> Level 1 <b>Irek</b> 7 - 7.45am	<b>REFORMER</b> Level 1-2 <b>Irek</b> 7.45 - 8.30am	<b>REFORMER</b> Level 1-2 <b>Irek</b> 12.30 - 1.15pm	<b>REFORMER</b> Level 1-2 <b>Irek</b> 1.15 - 2pm	<b>REFORMER</b> Level 1-2 <b>Clare</b> 5.30 - 6.15pm	<b>REFORMER BEGINNER COURSE</b> <b>Clare</b> 6.15 - 7pm
WEDNESDAY		<b>REFORMER</b> Level 1-2 <b>Clare</b> 7 - 7.45am		<b>INTEGRATED FUNCTIONAL MOVEMENT COURSE</b> <b>Clare</b> 12.30 - 1.15pm	 <b>PREGNANCY REFORMER</b> All Levels <b>Clare</b> 1.15 - 2pm	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 5.45 - 6.30pm	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 6.30 - 7.15pm
	THURSDAY		<b>PILATES REFORMER</b> Levels 1-2 <b>Melanie</b> 12.30 - 1.15pm	<b>PILATES REFORMER</b> Levels 1-2 <b>Melanie</b> 1.15 - 2pm	<b>REFORMER</b> Level 1-2 <b>Irek</b> 5.30 - 6.15pm		<b>REFORMER</b> Levels 1-2 <b>Irek</b> 7 - 7.45pm
FRIDAY			<b>REFORMER</b> Levels 1-2 <b>Ana</b> 8 - 8.45am	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 12.30 - 1.15pm	 <b>PREGNANCY REFORMER</b> All Levels <b>Ana</b> 1.15 - 2pm		

**DROP-IN PRICE**  
£23

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

# Private 1:1 and Group Pilates Equipment Sessions

MONDAY

**TORI NORRIS**  
**07950 487 005**  
8am - 2pm  
£65 / 60min



**ANA CARVALHO**  
**07735 577 047**  
2 - 5.30pm  
£75 / £650 block of 10



## 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.

TUESDAY

**IREK BIALEK**  
**07841 405 746**  
8.30am - 12.30pm  
£65 / 60min (ends 30 Apr)



**CLARE SHERIDAN**  
**07784 268 438**  
2 - 4:30pm  
£75 / 60min



WEDNESDAY

**CLARE SHERIDAN**  
**07784 268 438**  
8am - 12.30pm  
£75 / 60min



**ANA CARVALHO**  
**07735 577 047**  
2.45 - 5.45pm  
£75 / £650 block of 10



THURSDAY

**MELANIE BRAAM**  
**07553 319 098**  
8am - 12:30pm



**IREK BIALEK**  
**07841 405 746**  
2 - 5:30pm  
£65 / 60min



FRIDAY

**ANA CARVALHO**  
**07735 577 047**  
8.30am - 12.30pm  
£75 / £650 block of 10



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



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](http://www.lightcentremoorgate.co.uk).

# Courses



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

## YOGA

<b>6 week Beginners Course</b> with Francesca Sanlorenzo <b>Mondays</b> 19:15-20:15	<b>Starts 11 Mar</b> £78 to 15 Apr
<b>6 week Beginners Course</b> with Lex Ananias <b>Tuesdays</b> 18:15-19:15	<b>Starts 2 Apr</b> £78 to 7 May
<b>6 week Beginners Course</b> with Francesca Sanlorenzo <b>Mondays</b> 19:15 - 20:15	<b>Starts 29 Apr</b> £78 to 17 Jun
<b>6 week Beginners Course</b> with Lex Ananias <b>Tuesdays</b> 18:15-19:15	<b>Starts 14 May</b> £78 to 18 Jun

## MINDFULNESS

Mindfulness will help you to live in the here-and-now, resulting in a **clearer** and **calmer** mind. It is a centuries old, **research-verified** mental training that can **transform** your life.

This course will suit both beginners and those who already have a mindfulness practice, but would like to enhance it. There are limited places so early booking is essential.

<b>7 week Mindfulness Course</b> with TBC <b>Tuesdays</b> 19:15-21:15	<b>Starts 16 Apr</b> £220 to 28 May
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# Learn something **new** everyday

## PILATES

<b>6 week Beginners Course</b> with Clare Sheridan <b>Mondays</b> 18:15-19:15	<b>Starts 11 Mar</b> to 15 Apr	£78
<b>6 week Beginners Course</b> with Anna Biela <b>Wednesdays</b> 17:45-18:45	<b>Starts 3 Apr</b> to 8 May	£78
<b>6 week Beginners Course</b> with Clare Sheridan <b>Mondays</b> 18:15-19:15	<b>Starts 29 Apr</b> to 17 Jun	£78
<b>6 week Beginners Course</b> with Anna Biela <b>Wednesdays</b> 17:45-18:45	<b>Starts 15 May</b> to 19 Jun	£78

## PILATES REFORMER

<b>8 week Beginners Course</b> with Ana Carvalho <b>Mondays</b> 18:30-19:15	<b>Starts 4 Mar</b> to 29 Apr	£176
<b>Integrated Functional Movement Course</b> with Clare Sheridan <b>Wednesdays</b> 12:30-13:15	<b>Starts 13 Mar</b> to 17 Apr	£132
<b>6 weeks Beginners Course</b> with Clare Sheridan <b>Tuesdays</b> 18:15-19:00	<b>Starts 26 Mar</b> to 30 Apr	£132
<b>Integrated Functional Movement Course</b> with Clare Sheridan <b>Wednesdays</b> 12:30-13:15	<b>Starts 24 Apr</b> to 29 May	£132
<b>6 weeks Beginners Course</b> with Clare Sheridan <b>Tuesdays</b> 18:15-19:00	<b>Starts 7 May</b> to 11 Jun	£132
<b>8 weeks Beginners Course</b> with Ana Carvalho <b>Mondays</b> 18:30-19:15	<b>Starts 13 May</b> to 8 Jul	£176
<b>Integrated Functional Movement Course</b> with Clare Sheridan <b>Wednesdays</b> 12:30-13:15	<b>Starts 5 Jun</b> to 10 Jul	£132

# Pricing

## OUR BEST DEAL

**BEST  
VALUE!**

### UNLIMITED PASS

**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).

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. Hot Yoga available at Light Centre Monument.

## 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)

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.

## 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

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)

Light Centre Moorgate is proud to partner with



**THE FOOT SPECIALISTS**

**EXCELLENCE**  
PHYSIOTHERAPY & OSTEOPATHY



**ADVANCED TREATMENTS  
BY EXPERTS**

**CRUS2H**  
FIT FOOD • SMART COFFEE • RAW JUICE

**LOOKING AFTER ALL  
YOUR NUTRITION NEEDS**

**NEW!**



**RESISTANCE CARDIO  
IN 15 MINUTES**

The Light Centre has 26 fully equipped & spacious THERAPY ROOMS for hire at our 3 lovely centers in Central London. With our great locations and unparalleled support, can you really see yourself anywhere else?

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

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

full details at [lightcentre.com/therapy-room-hire](http://lightcentre.com/therapy-room-hire)

# Therapists



## PHYSICAL THERAPIES

- Th** **ACUPUNCTURE** – Kelly Millington  
07733 263 239 kelly@kellymillington.co.uk Thur: 8am-2pm, Sat by appointment
- W F** **ACUPUNCTURE, DEEP TISSUE & PREGNANCY MASSAGE** – Gabrielle Stephenson  
0797 683 9461 gabrielle@bromptonacupuncture.com Wed: 2:15-8:15pm, Fri: 8am-2pm
- W Th** **ACUPUNCTURE, DEEP TISSUE, PREGNANCY MASSAGE, REFLEXOLOGY** – Sarah Elcome  
07947 533 877 sarah@ammatherapy.co.uk Wed: 8am-2pm, Thur: 8am-2pm
- F** **ACUPUNCTURE, HOMEOPATHY** – Shaila Karim  
07870 813 287 www.naturalwayforward.co.uk Fri: 5:15-8:15pm
- T W Th F** **ACUPUNCTURE, KINESIOLOGY** – Paula Felgate 07810 845 950  
paula@acupuncture.gb.com Tues&Wed: 2:15-8:15pm, Thur: 8am-2pm, Fri: 8-11am
- M** **ACUPUNCTURE, REIKI, LYMPHATIC DRAINAGE, DEEP TISSUE MASSAGE** –  
Giedre Babrauskiene 07972 705 733 mldtreatments@gmail.com Mon: 8am-8pm
- F** **ALEXANDER TECHNIQUE, NUTRITIONAL THERAPY** – Monique Stone  
07980 570 968 moniquemstone@gmail.com Fri: 8am-2pm
- M T W Th F** **CHIROPODY AND PODIATRY** – FeetByPody  
0207 099 6657 nicolas@feetbypody.com Mon-Fri 8am-8pm
- T** **CHIROPRACTIC THE MCTIMONEY WAY** – Andrew Hunter  
07855 916 602 a.c.hunter@me.com Tues: 8am-2pm
- W Th** **CRANIOSACRAL THERAPY, INTEGRATIVE PSYCHOTHERAPY** – Sara Browne  
07927 904 433 sarabrowne@hotmail.co.uk Wed: 2:15-8:15, Thur: 8am-2pm
- T** **DEEP TISSUE MASSAGE, YOGA BODYWORK, LOMI LOMI, PREGNANCY** –  
Aristea Zougri 07873391200 info@altheamassage.co.uk Tues: 8am-2pm
- T F** **DEEP TISSUE, ACTIVE RELEASE TECHNIQUE** – Mick McCleary  
07957 050 931 mick@bodywallnorthshore.com Tues & Fri: 2:15-8:15pm
- M** **DEEP TISSUE, SPORTS & REMEDIAL, PREGNANCY MASSAGE, SHIATSU, HOT STONE** –  
Tonoko Hoggard 0785 5957 349 (text first) meisencinic@gmail.com Mon: 2:15-8:15pm
- W** **DEEP TISSUE, REMEDIAL & PREGNANCY MASSAGE** – Anja Woszczyzn  
07940 562 813 info@yogawithanja.co.uk Wed: 11am-2pm
- T W Th F** **DEEP TISSUE, SPORTS & REMEDIAL MASSAGE** – Irek Bialek 07841 405 746  
irek@massageinmoorgate.co.uk Tues: 8-2, Wed & Thur: 2:15-8:15, Fri: 11-2
- F** **DEEP TISSUE, THERAPEUTIC MASSAGE, COUNSELLING/PSYCHOTHERAPY** – Neil Woolf  
07980 404 867 woolf.neil@gmail.com Fri: 2:15-8:15pm
- F** **MASSAGE, REIKI, HEALTH COACHING AND NUTRITION** – Inka Oravcova  
07936 641 786 inka@imneverbetter.com Fri: 11am-2pm
- Th** **FACIAL REJUVENATION, REFLEXOLOGY, PREGNANCY, FERTILITY** – Rima Shah  
07947 359 838 info@calmandclear.co.uk Thur: 2:15-8:15pm
- W** **ORGANIC SPA FACIAL, FACIAL REJUVENATION/NATURAL FACE LIFT MASSAGE,** –  
Rahil Saiyad 07775 799 865 rahil@pabytes.co.uk Wed 2.15-8.15pm

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

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

## PHYSICAL THERAPIES

- 
- M** **THERAPEUTIC MASSAGE/HYPNOTHERAPY/COACHING** – Rachael Hudson  
07768 446 867 rachael@dochange.co.uk Mon: 2:15-8:15pm
- 
- T W** **OSTEOPATHY, DEEP TISSUE/SPORTS MASSAGE, 1:1 YOGA** – Annabelle Loras  
07979 905 204 annabelle.osteo@outlook.com Tues: 2:15-8:15pm, Wed: 8am-2pm
- 
- M Th** **OSTEOPATHY** – Peter Chierakul  
07930 760 240 peter@theartofhealing.uk Mon: 8am-8pm, Thur: 8am-2pm
- 
- T F** **OSTEOPATHY (Structural Cranial, Acupuncture)** – Damien Harcourt  
07793 084 394 damienharcourt@gmail.com Tues: 2:15-8:15pm, Fri: 11am-2pm
- 
- F** **OSTEOPATHY (Structural, Cranial, Acupuncture)** – Moira Mulvey  
07906 407 907 moira@mjmosteopathy.co.uk Fri: 8am-2pm
- 
- Th** **OSTEOPATHY, MASSAGE** – Marvin Blake  
07446 893 045 info@marvinblake.com Thur: 2:15-8:15pm
- 
- T** **OSTEOPATHY, 1:1 PILATES REHAB, ACUPUNCTURE, SPORTS MASSAGE, MYOFASCIAL CUPPING, PREGNANCY, REFLEXOLOGY** – Tracy Elroy tracyelroy@hotmail.co.uk Tues: 8am-2pm.
- 
- M T** **OSTEOPATHY, MYOFASCIAL RELEASE, SPORTS MASSAGE** – Mike O'Connor  
07545 968 342 mike@myofascial-bodywork.com Mon: 8am-8pm, Tues: 2:15-8:15pm
- 
- M T Th F** **BODY SPHERES OSTEOPATHY, PHYSIOTHERAPY, LYMPHATIC DRAINAGE** –  
0333 800 8404 www.BodySpheres.com Mon, Tues, Thur: 8am-2pm, Fri: 8am-8pm.
- 
- M W Th F** **EXCELLENCE PHYSIOTHERAPY & OSTEOPATHY** 0207 125 0262  
www.excellencephysiotherapy.com Mon, Wed, Thur: 8am-8pm, Fri: 2:15-8:15pm
- 
- T F** **PHYSIOTHERAPY** – Cassandra Lyall  
020 7482 3875 cassandra@complete-physio.co.uk Tues: 8am-2pm, Fri: 2:15-8:15pm
- 
- T Th** **PHYSIOTHERAPY** – Mike Aunger 07967 623 242  
mike.aunger@techniquephysio.com Tues: 8am-2pm, Thur: 2:15-8:15pm
- 
- T** **PHYSIOTHERAPY** – Dave Emsley  
07575 066 974 info@thebodymechanic.co.uk Tues: 8am-2pm
- 
- M** **PHYSIOTHERAPY, MYOFASCIAL AND VISCERAL INDUCTION THERAPY, CRANIOSACRAL THERAPY** – Alessio Barone 07413 851 407 info@hito-physio.com Mon 8am-2pm
- 
- F** **ZONE FACE LIFT, FACIAL REFLEXOLOGY, LYMPH DRAINAGE, HAND/FEET REFLEXOLOGY**  
– Shameen Contractor 0774 047 3987 info@thehealing-place.com Fri: 2:30-8pm
- 
- T** **ROLF METHOD OF STRUCTURAL INTEGRATION** – Anna Collins  
07986 250 305 aloha@thepolishedonion.com Tues: 2:15-8:15pm
- 
- W** **SPORTS & REMEDIAL MASSAGE, BOWEN TECHNIQUE** – Toni Platon  
07709 416 161 toniplaton3000@gmail.com Wed: 8am-2pm
- 
- F** **VISCERAL & NEURAL MANIPULATION** – Graham Stones  
07901 975007 grahamstones@mac.com Fri: 8am-2pm
- 
- F** **YOGA THERAPY, CLINICAL HYPNOTHERAPY AND PSYCHOTHERAPY** – Alina Bialek  
07725 521 804 info@alinabialek.co.uk Fri: 8am-8pm
- 

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

- W** **COGNITIVE HYPNOTHERAPIST AND CONFIDENCE COACH** – Laurie Harvey  
07907 813466 laurie@laurieharvey.co.uk Wed: 2:15-8:15pm
- F** **COUNSELLING, PSYCHOTHERAPY, LIFE COACH** – Neil Woolf  
07980 404 867 woolf.neil@gmail.com Fri: 2:15-8:15pm
- W** **GESALT THERAPIST** – Claire Seeber  
077444 342 377 claireclaritycounselling@outlook.com Wed: 8am-11am
- T W** **HYPNOTHERAPY** – Benaifer Patell  
07932 003 428 benaifer.patell@gmail.com Tue: 2:15-8:15pm, Wed: 2:15-8:15pm
- M** **HYPNOTHERAPY/COACHING & THERAPEUTIC MASSAGE** – Rachael Hudson  
07768 446 867 rachael@dochange.co.uk Mon: 2:15-8:15pm
- F** **CLINICAL HYPNOTHERAPY AND PSYCHOTHERAPY, YOGA THERAPY** – Alina Bialek  
07725 521 804 info@alinabialek.co.uk Fri: 8am-8pm
- F** **HEALTH COACHING, MASSAGE, REIKI, NUTRITION** – Inka Oravcova  
07936 641 786 inka@imneverbetter.com Fri: 11am-2pm
- M Th** **INTEGRATIVE PSYCHOTHERAPY & HYPNOTHERAPY** – Kate Hogan  
07590 679 311 kate@katehogan.co.uk Mon: 8am-8pm, Thur: 2:15-8:15pm
- W** **INTEGRATIVE PSYCHOTHERAPY** – Reena Shah  
07527 233 793 reenashah.therapy@gmail.com Wed: 8am-2pm
- W Th** **INTEGRATIVE PSYCHOTHERAPY & CRANIOSACRAL THERAPY** – Sara Browne  
07927 904 433 sarabrowne@hotmail.co.uk Wed: 2:15-8:15, Thur: 8am-2pm
- Th** **NLP** – Michael Kaufmann  
07801 284073 michael@nlp-reiki.co.uk Thur: 2:15-8:15pm

## NUTRITION THERAPIES

- Th** **NATUROPATHY / WOMEN'S HEALTH / HEALTH SCREENING** – Paula Myrie  
07540 418 863 info@simplyhealthclinc.co.uk Thur: 8am-2pm
- F** **HOMEOPATHY, ACUPUNCTURE** – Shaila Karim  
07870 813 287 www.naturalwayforward.co.uk Fri: 5:15-8:15pm
- F** **NUTRITIONAL THERAPY, ALEXANDER TECHNIQUE** – Monique Stone  
07980 570 968 moniquemstone@gmail.com Fri: 8am-2pm
- F** **NUTRITION, MASSAGE, REIKI, HEALTH COACHING** – Inka Oravcova  
07936 641 786 inka@imneverbetter.com Fri: 11am-2pm

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# Therapists



## NUTRITION THERAPIES

- F** **HOMEOPATHY, ACUPUNCTURE** – Shaila Karim  
07870 813 287 [www.naturalwayforward.co.uk](http://www.naturalwayforward.co.uk) Fri: 5:15-8:15pm
- M** **NUTRITIONAL THERAPY, ALEXANDER TECHNIQUE** – Monique Stone  
07980 570 968 [moniquemstone@gmail.com](mailto:moniquemstone@gmail.com) Fri: 8am-2pm
- F** **NUTRITION, MASSAGE, REIKI, HEALTH COACHING** – Inka Oravcova  
07936 641 786 [inka@imneverbetter.com](mailto:inka@imneverbetter.com) Fri: 11am-2pm.

## ENERGY THERAPIES

- M** **ENERGY HEALING, CBT, PHYSIOTHERAPY, MYOFASCIAL AND VISCERAL INDUCTION THERAPY** – Alessio Barone 07413 851 407 [info@hifo-physio.com](mailto:info@hifo-physio.com) Mon 8am-2pm
- T** **HOMEOPATHY, CEASE THERAPY, BIODYNAMIC OSTEOPATHY** – Tracy Elroy  
07930 100 881 [tracyelroy@hotmail.co.uk](mailto:tracyelroy@hotmail.co.uk) Tue: 8am-2pm
- M** **REIKI, LYMPHATIC DRAINAGE, DEEP TISSUE MASSAGE, ACUPUNCTURE** –  
Giedre Babrauskiene 07972 705 733 [mldtreatments@gmail.com](mailto:mldtreatments@gmail.com) Mon: 8am-8pm
- F** **REIKI, MASSAGE, HEALTH COACHING, NUTRITION** – Inka Oravcova  
07936 641 786 [inka@imneverbetter.com](mailto:inka@imneverbetter.com) Fri: 11am-2pm
- F** **REIKI, ZONE FACE LIFT, FACIAL REFLEXOLOGY, LYMPH DRAINAGE** –  
Shameen Contractor 0774 047 3987 [info@thehealing-place.com](mailto:info@thehealing-place.com) Fri: 2:30-8pm
- Th** **REIKI** – Michael Kaufmann  
07801 284 073 [michael@reiki-meditation.co.uk](mailto:michael@reiki-meditation.co.uk) Thur: 2:15-8:15pm

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