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CENTRE
BELGRAVIA

YOGA
PILATES
MINDFULNESS
THERAPIES
MASSAGE
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COACHING
COLON
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WORKSHOPS
COURSES

SPRING 2020

9 Eccleston Street,
London SW1W 9LX
lightcentrebelgravia.co.uk
020 7881 0728



LONDON'S
LEADING

HOLISTIC
WELLBEING
CENTRE

HOLISTIC HEALTH SCREENING

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

In just 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 Alex Newte Hardie
07958 431 626
info@alexnh.com
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

NEW TO LIGHT CENTRE?

START HERE!

INTRO OFFER!

2 WEEKS OF CLASSES FOR ONLY £30

Full details on page 9 >>>

Buy now at lightcentre.com/pricing

BEGINNER COURSES

New to Yoga or Pilates? No problem.

Our brilliant Beginner Course instructors will get you up to speed in no time.

See all the courses starting this Spring on page 6 >>>



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

All information in this booklet is correct at time of printing and subject to change

Class Timetable

A class for every body



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY									
ASHTANGA YOGA MYSORE Self practice	VINYASA FLOW YOGA All Levels Hannah 7.15 - 8.15am	NEW TEACHER PILATES Level 2 Aurora 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		
	VINYASA FLOW YOGA All Levels Erin 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	NEW TIME PILATES FLOW All Levels Michael 2.45 - 3.30pm	YIN/YANG YOGA All Levels Alina 5.00 - 6.00pm	YOGA All Levels Tanya 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	
	with Meg	VINYASA FLOW YOGA All Levels Melinda 7.15 - 8.15am	PILATES All Levels Andrea 9.30 - 10.45am	MANDALA VINYASA All Levels Aurora 11 - 12.15pm	PILATES All levels Maide 12.30 - 1.15pm	YOGA All Levels Nicole 1.15 - 2.15pm	POWER YOGA All Levels Deliah 2.15 - 3.15pm	NEW TIME TUI NA STRETCH All levels Esther 4.30 - 5.30pm	PILATES 4 BACKS All levels Esther 5.45 - 6.30pm	NEW TIME YOGA All Levels Cecilia 5.45 - 6.30pm	YOGA All Levels Sindy 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	
	Drop in anytime between 6.30 - 9am	VINYASA FLOW YOGA All Levels Maxine 7.15 - 8.15am	NEW PILATES & POSTURE ALIGNMENT All Levels Serina 9.30 - 10.30am	PILATES All Levels Vivi 10.30 - 11.30am	RESTORATIVE MOVEMENT All Levels Esther 11.30am - 12.30pm	PILATES All Levels Esther 12.30 - 1.15pm	YOGA All Levels Melissa 1.15 - 2.15pm	YIN YOGA All levels Cal 2.15 - 3.30pm	KUNDALINI & GONG All Levels Catherine 3.45-5.00pm	PREGNANCY PILATES All levels Poi 5.30 - 6.30pm	PILATES All levels Andrea 5.30 - 6.15pm	DYNAMIC YOGA Levels 1-2 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
	Mon - Fri	VINYASA FLOW YOGA All Levels Melinda 7.15 - 8.15am	YIN YOGA All Levels Maz 9.30 - 10.30am	PILATES All levels Andrea 10.30 - 11.30am	YOGA All Levels Jaqui 11.30am - 12.15pm	MANDALA VINYASA All Levels Callista 12.15 - 1.15pm	PILATES All Levels Andrea 1.15 - 2.15pm	TUI NA STRETCH All levels Esther 2.30 - 3.30pm				PILATES Levels 2-3 Federica 5.30 - 6.30pm	PILATES Levels 1-2 Esther 6.30 - 7.30pm	NEW FLOW, YIN & MEDITATION ALL Levels Sabrina 7.30 - 8.45pm	
	ASHTANGA YOGA MYSORE Self practice with MEG Anytime between 8-10am		NEW TIME ROCKET YOGA Levels 1-2 Liz 10.00 - 11.15am	YIN YOGA All Levels Emma 11.45am - 1.00pm		PILATES All Levels Federica 1.15 - 2.15pm	Light Centre hosts numerous workshops (from Gong baths to Teacher Training) See everything going on at lightcentre.com/events-calendar								

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.

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

Ashtanga Mysore Self Practice. 1-to-1 practice in a group setting following a set sequence.

Yin Yoga is a quiet, slow practice with a restorative emphasis. Holding poses for longer, allowing you to open your body through passive stretching.

Kundalini. Sequences of postures (kriyas), breath work, meditation, mudra hand positions and mantra.

PILATES

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

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

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

Pregnancy Pilates, for the changing limitations & requirements of a pregnancy. A safe & effective workout for women in their 2nd / 3rd trimester.

INTRO OFFER!

2 WEEKS OF CLASSES FOR ONLY £30

Full details on page 11 >>>
Buy now at lightcentre.com/pricing

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 BEGINNER COURSES

6 week Beginners Course with Nicole Miller Mondays 18:30-19:30	Starts 2 Mar to 6 Apr	£78
6 week Beginners Course with Nicole Miller Mondays 18:30-19:30	Starts 20 Apr to 1 Jun	£78
6 week Beginners Course with Nicole Miller Mondays 18:30-19:30	Starts 8 Jun to 13 Jul	£78

PILATES BEGINNER COURSES

6 week Beginners Course with Andrea Ondruskova Thursdays 18:30-19:30	Starts 5 Mar to 9 Apr	£78
6 week Beginners Course with Andrea Ondruskova Thursdays 18:30-19:30	Starts 16 Apr to 21 May	£78
6 week Beginners Course with Andrea Ondruskova Thursdays 18:30-19:30	Starts 28 May to 2 Jul	£78

MINDFULNESS COURSE

Mindful Self-Compassion (MSC) is a life-changing, research-based training programme designed to help participants cultivate the deeply transformative skill of self-compassion.

8 Week Mindful Self-Compassion Course with Alex Newte Hardie Tuesdays 19:00-21:30 <i>(no classes 7/14 Apr)</i>	Starts 17 Mar to 19 May	£265
2 Week Deepening Self-Compassion Mini-Course with Alex Newte Hardie Tuesdays 19:00-21:30	7 & 14 Apr	£69

DAY	INSTRUCTOR	TIME	CONTACT
MONDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 bodywisdom263@gmail.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2 - 8pm 07938 160 259 alessiabellani@icloud.com	
	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	
TUESDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 bodywisdom263@gmail.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2 - 8pm 07938 160 259 alessiabellani@icloud.com	
	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8am - 2pm 07938 160 259 alessiabellani@icloud.com	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 2 - 8pm 07719 988 263 bodywisdom263@gmail.com	
WEDNESDAY	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8am - 8pm 07938 160 259 alessiabellani@icloud.com		
	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 bodywisdom263@gmail.com	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 2 - 8pm 07938 160 259 alessiabellani@icloud.com	
THURSDAY	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8am - 2pm 07938 160 259 alessiabellani@icloud.com	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 2 - 8pm 07719 988 263 bodywisdom263@gmail.com	
	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8am - 8pm 07938 160 259 alessiabellani@icloud.com		
FRIDAY	ALESSIA BELLANI 1-2-1 PILATES, & OSTEOPATHY 8am - 8pm 07938 160 259 alessiabellani@icloud.com		
	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 bodywisdom263@gmail.com	FEDERICA ZURLENI 1-2-1 PILATES 2:30pm - 5:30pm 07971 563 912 federicazurleni@hotmail.com	
SATURDAY	GEORGINA HAYDON 1-2-1 PILATES, & GYROTONIC 8am - 2pm 07719 988 263 bodywisdom263@gmail.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.lightcentrebelgravia.co.uk.

OUR BEST DEAL

GO UNLIMITED

**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.

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

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 UNLIMITED 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. Hot Yoga available at Light Centre Monument.

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 activation date. 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

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

Therapists



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

PHYSICAL THERAPIES

Most therapists are available for Ad Hoc bookings outside their normal hours

- S** **ACUPUNCTURE, TRADITIONAL CHINESE MEDICINE, REIKI** - Diana Da Silva
07828 174 079 clinic@dianadasilva.co.uk
- W** **ACUPUNCTURE, TRADITIONAL CHINESE MEDICINE** - Charlotte Palfrey
07576 430 095 charlotte@cpacuremedy.co.uk
- F** **ACUPUNCTURE & CHINESE HERBAL MEDICINE** - Dr Gang Zhu
07957 132 403 gangzhu237a@yahoo.com
- M T S** **ACUPUNCTURE - FIVE ELEMENT & TRADITIONAL CHINESE MEDICINE** - Miranda Lacaze 07872 311 654 miranda@mlacupuncture.com
- W** **ACUPUNCTURE, KINESIOLOGY** - Paula Felgate
07810 845 950 paula@acupuncture.gb.com
- S** **ACUPUNCTURE (COSMETIC FACIAL), JAPANESE INTEGRATED THERAPY, IV NUTRIENT INFUSIONS** - Sukhjendar Padda 07960 048 275 info@bodisync.com
- S** **AYURVEDA - Health Consultation, Mind-Body Cleanse & Rebalance, Marma Massage** - Geeta Vara 07956 521 601 info@geetavara.co.uk
- T W** **BODY ENERGY** - Carol Bosiger
07702 520 782 carol@bosiger.net
- S** **COLONIC HYDROTHERAPY** - Veronica Anya
07842 266 491 hydrowellbeing@gmail.com www.hydrowellbeing.co.uk
- T** **CRANIO-SACRAL THERAPY, CLASSICAL HOMEOPATHY** - Florence de Crevoisier Fedder 07813 651 084 florence@craniosacral-homeopathy.co.uk
- W** **CRANIO-SACRAL THERAPY, REIKI** - Kirsten Roberts
07879 692 665 kirstencape@yahoo.co.uk
- T** **CRANIOSACRAL THERAPY** - Stephanie McAlpine
07970 796 992 treatments@stephaniemcalpine.com
- M** **DEEP TISSUE MASSAGE, SPORTS MASSAGE, REIKI AND BESPOKE MASSAGE WITH REIKI TREATMENTS** - Alice Weston 07974 359 717 aliceweston13@gmail.com
- M W** **DEEP TISSUE, YOGA BODYWORK, LOMI LOMI, PREGNANCY, NATURAL FACELIFT, HOT STONE** - Aristeia Zougri 07873 391 200 info@altheamassage.co.uk
- M** **KINESIOLOGY, COACH, NUTRITION, GUT HEALTH, EFT** - Ella Carey
info@fullspectrumhealth.work www.fullspectrumhealth.work
- S** **MASSAGE, DEEP TISSUE, AROMATHERAPY, LOMILOMI, REIKI MASTER** - Tessa Bali
07947 849 602 writetotessa@hotmail.com
- F** **OSTEOPATHY** - Alessia Bellani
07740 649 347 ale_bel@hotmail.com
- M** **OSTEOPATHY** - Damien Harcourt
07793 084 394 damienharcourt@gmail.com

All therapists at the Light Centre are self-employed and not employed by the Light Centre. All therapists have suitable qualifications and hold their own insurance. Customers are contracting directly with their therapist.
For bookings or queries contact the therapist directly.

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

PHYSICAL THERAPIES

Most therapists are available for Ad Hoc bookings outside their normal hours

- T** **OSTEOPATHY, DEEP TISSUE MASSAGE** - Mark Hagan
07903 714 115 m.hagan@me.com
- Th** **OSTEOPATHY** - Mark Thompson
07976 564 143 mark@lightpractice.co.uk
- F** **OSTEOPATHY, MASSAGE** - Marvin Blake
07446 893 045 info@marvinblake.com
- T** **OSTEOPATHY, MYOFASCIAL RELEASE, SPORTS MASSAGE** - Mike O'Connor
07545 968 342 mike@myofascial-bodywork.com
- W** **OSTEOPATHY** - Peter Chierakul
07930 760 240 peter@theheartofhealing.uk
- M T W Th F** **EXCELLENCE PHYSIOTHERAPY & OSTEOPTAHY**
0207 125 0262
www.excellencephysiotherapy.com
- M** **PHYSIOTHERAPY, POST-OP ADVICE, DEEP OSCILLATION, LYMPHATIC THERAPY** - Cathrine Gwitiwa 07429 344 768 cathygwitiwa@icloud.com
- T Th** **PHYSIOTHERAPY** - DJN Physios
020 7488 3545 admin@djn-associates.co.uk
- Th** **REFLEXOLOGY** - Rosanna Bickerton
07885 785 770 rosanna@handsonfeet.com
- W** **ROLFING@ STRUCTURAL INTEGRATION** - Aidan Treays
07808 352 584 aidantreays@me.com
- Th** **ROLF METHOD OF STRUCTURAL INTEGRATION** - Anna Collins
07986 250 305 aloha@thepolishedonion.com
- F** **SOMATIC EXPERIENCING@ BODYWORK and YOGA 121's** - Joanna Oughton
07542 983 423 joannaoughton@outlook.com
- F** **THERAPEUTIC, SPORTS, PREGNANCY MASSAGE, REVITALISING FACE MASSAGE** - Elvira Cipolletti 07914 670 241 info@elviracipolletti.com
- W Th** **VISCERAL MANIPULATION & SPORTS MASSAGE** - Graham Stones
07901 975 007 freedom@painfree-movement.com



COLON

HYDROTHERAPY

The Gentle Cleanse

Now @ Light Centre Belgravia

Ask at reception for details

Therapists



TALKING THERAPIES

Most therapists are available for Ad Hoc bookings outside their normal hours

- S** **AKASHIC RECORDS READING & INTUITIVE COACHING** - Apinder Sidhu
07775 098 210 apinder@silverliningcc.co.uk
- S** **AKASHIC RECORDS & PURPOSE DEVELOPMENT CONSULTANT, TRANSPERSONAL THERAPY** - Maggie Sarfo 07584 099 605 maggie.sarfo@meresconsult.com
- F** **CHROMOLOGY, COLOUR ANALYSIS** - Gabi Pusztai
07753 350 734 gabi@chromology.co.uk
- Th** **COACHING/LIFE ALIGNMENT** - Caroline Mann
07985 905 666 caroline@carolinemanncoaching.co.uk
- M** **COACH, EFT, KINESIOLOGY, NUTRITION, GUT HEALTH** - Ella Carey
info@fullspectrumhealth.work www.fullspectrumhealth.work
- Th** **COUNSELLING** - Julian Longin
07947 774 623 julian@counsellinginvictoria.com
- T** **GESTALT PSYCHOTHERAPY, COUNSELLING** - Suzanne Worrica
07788 664580 worrica@icloud.com
- S** **CLINICAL HYPNOTHERAPY, REGRESSION THERAPY (PAST-LIVES & CURRENT-LIFE), MASSAGE** - Tessa Bali 07947 849 602 writetotessa@hotmail.com
- T Th** **HYPNOTHERAPY, THERAPEUTIC COACHING, MINDSKILLS, NLP** - Jayke Branson Thom
07739 707 209 jayke@wakeuptoabrighterfuture.co.uk
- M** **INTEGRATIVE PSYCHOTHERAPY** - Alessandra Jolliffe
07918 529 275 info@jolielifetherapy.com
- W F** **MINDFULNESS & COMPASSION FOCUSED THERAPY, NATUROPATHY** - Alex Newte Hardie 07958 431 626 info@alexnh.com
- W S** **PSYCHOTHERAPY** - Anthony Rhone
07966 392 038 anthony@rhonetherapy.co.uk
- M** **PSYCHOTHERAPY** - Lola Barbour
07818 050 030 adesemoyel@gmail.com
- Th F** **PSYCHOTHERAPY** - Roberta Crescenzo
07772 683 849 roberta@joseing.com
- S** **SPIRITUAL COUNSELLING** - Dakota Phillips
07932 784 559 ddjdiva@hotmail.com

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Pranayama in Perspective

with Philip Xerri

16 May
2020
10am -
4.30pm

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web: www.yogaquests.co.uk

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Reiki - Healing Master & Teacher
Lomilomi Hawaiian Massage
Deep Tissue & Aromatherapy Massage
Regression Therapy - Past-lives & Current-life

Light Centre Belgravia: Saturdays 1.15 - 5.15pm
Moorgate & Monument: upon request

t: 07947 849 602 e: writetotessa@hotmail.com

WOW!

Selected therapists are offering introductory treatments for **ONLY £45!**

SEE lightcentre.com/therapyoffer

MYOFASCIAL BODYWORK

OSTEOPATHY
MYOFASCIAL RELEASE • MUSCLE ACTIVATION

Tried everything, but still in pain?

Try Myofascial Bodywork, combining the best of clinical Osteopathy with cutting edge Myofascial Release and Muscle Activation techniques such as Neurokinetic Therapy (NKT), to target the underlying causes of pain and dysfunction.

THE MISSING LINK IN MANUAL THERAPY

Specialising in long-term chronic pain that other modalities have not resolved.

Moorgate: Monday 2.15-8.15pm
Belgravia: Tuesday 8am-2pm

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MIKE@MYOFASCIAL-BODYWORK.COM

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Therapists



NUTRITION THERAPIES

Most therapists are available for Ad Hoc bookings outside their normal hours

- S** **AYURVEDA - Health Consultation, Mind-Body Cleanse & Rejuvenation, Marma Massage** - Geeta Vara 07956 521 601 info@geetavara.co.uk
- M T S** **TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE - FIVE ELEMENT** - Miranda Lacaze 07872 311 654 miranda@mlacupuncture.com
- S** **TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE, REIKI** - Diana Da Silva 07828 174 079 clinic@dianadasilva.co.uk
- T** **CLASSICAL HOMEOPATHY, CRANIO-SACRAL THERAPY** - Florence de Crevoisier Fedder 07813 651 084 florence@craniosacral-homeopathy.co.uk
- M** **NUTRITION, GUT HEALTH, EFT, COACH, KINESIOLOGY** - Ella Carey info@fullspectrumhealth.work www.fullspectrumhealth.work
- W F** **NATUROPATHY, GENERAL HEALTH PRACTITIONER** - Alex Newte Hardie 07958 431 626 info@alexnh.com
- T** **NATUROPATHY, BODYTALK, KINESIOLOGY** - Kirsty Lander 07809 547 922 kirsty@londonnaturopath.co.uk
- S** **NUTRITIONAL THERAPY HEALTH COACH** - Micaela Panzavolta 07769 634 061 micaelanutrition@gmail.com www.micaelanutrition.com
- F** **NUTRITIONAL THERAPY** - Tatiana Rodriguez 07970 520 739 tatiana@planetfit.co.uk

DID YOU KNOW ABOUT...



Many of our Therapists are writing amazing blogs, full of hints, tips and advice for your wellbeing. Now we have collected some of the best articles together just for you in our new online **HEALTHY LIVING MAGAZINE**, along with amazing **money saving special offers** to help you be the very best version of you. So why not put your feet up and **relax** with all the latest **tips and advice**, now in one handy place.

RECENT ARTICLES INCLUDED

- How to Beat Jet Lag
- 10 Important Questions for Happier Living
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- 5 Common Councillings Myths
- Work, Life and Stress - Getting the Balance Right
- Detox Your Skincare Routine For 2019
- Top 5 Ways To Boost Your Veggie Intake
- How to get your best ever night's sleep

www.lightcentre.com/healthy-living

Therapists



ENERGY THERAPIES

Most therapists are available for Ad Hoc bookings outside their normal hours

- S** **AKASHIC RECORDS READING & INTUITIVE COACHING** - Apinder Sidhu 07775 098 210 apinder@silverliningcc.co.uk
- S** **AKASHIC RECORDS & PURPOSE DEVELOPMENT CONSULTANT, TRANSPERSONAL THERAPY** - Maggie Sarfo 07584 099 605 maggie.sarfo@meresconsult.com
- T** **BODYTALK, KINESIOLOGY, NATUROPATHY** - Kirsty Lander 07809 547 922 kirsty@londonnaturopath.co.uk
- F** **CHROMOLOGY, COLOUR ANALYSIS** - Gabi Pusztai 07753 350 734 gabi@chromology.co.uk
- Th** **COACHING/LIFE ALIGNMENT** - Caroline Mann 07985 905 666 caroline@carolinemanncoaching.co.uk
- T** **CRANIOSACRAL HEALING** - Stephanie McAlpine 07970 796 992 treatments@stephaniemcalpine.com
- T W** **BODY ENERGY** - Carol Bosiger 07702 520 782 carol@bosiger.net
- M** **EFT, COACH, KINESIOLOGY, NUTRITION, GUT HEALTH** - Ella Carey info@fullspectrumhealth.work www.fullspectrumhealth.work
- S** **ENERGY HEALING, EMOTIONAL RELEASE, REIKI, INTUITIVE GUIDANCE** - Himesh Gohil 07545 009 157 info@himeshgohil.com
- Th F** **ESOTERIC HEALING, BODYWORK, LIFE COACHING, PRESENTING** - Sara Williams 07795 164 144 contact@sarawilliams.info
- M** **ENERGY HEALING, INTUITIVE MEDICAL HEALING, TRANCE HEALING, REIKI, MEDIUMSHIP** - Cindy Theodore 07590 912 509 bonjour@cindytheodore.com
- T Th** **ENERGY PSYCHOLOGY & REALIGNMENT** - Jayke Branson Thom 07739 707 209 jayke@wakeuptoabrighterfuture.co.uk
- M** **REIKI AND BESPOKE MASSAGE WITH REIKI TREATMENTS, DEEP TISSUE MASSAGE, SPORTS MASSAGE** - Alice Weston 07974 359 717 aliceweston13@gmail.com
- S** **REIKI, TRADITIONAL CHINESE MEDICINE, ACUPUNCTURE** - Diana Da Silva 07828 174 079 clinic@dianadasilva.co.uk
- W** **REIKI, CRANIO-SACRAL THERAPY** - Kirsten Roberts 07879 692 665 kirstencape@yahoo.co.uk
- F** **REIKI MASTER** - Pollyanna Stringer 07814 874086 pollyannastringerreiki@yahoo.com
- S** **REIKI** - Scarlett Jeffrey 07912 873 722 info@scarlettjeffrey.com
- S** **REIKI MASTER, MASSAGE, DEEP TISSUE, AROMATHERAPY, LOMILOMI, REGRESSION THERAPY** - Tessa Bali 07947 849 602 writetotessa@hotmail.com
- S** **SPIRITUAL COUNSELLING, SOUL PLAN, INTUITIVE READINGS** - Robyn Riddett rlriddett@me.com www.robynleeriddett.com

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