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www.lightcentremonument.co.uk



LIGHT
CENTRE
MONUMENT

SPRING 2020

LONDON'S LEADING HOLISTIC WELLBEING CENTRE



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

DID YOU KNOW ABOUT...

Healthy Living

TIPS AND ADVICE FROM LIGHT CENTRE MAGAZINE

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
- Eating Well on a Budget
- 5 Common Counselling 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

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

Welcome to Light Centre Monument

NEW TO LIGHT CENTRE?

START HERE!

2 INTRO OFFERS!

2 WEEKS OF MAT CLASSES FOR ONLY £30

3 PILATES REFORMER CLASSES FOR ONLY £49

Full details on page 11 >>>

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

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

Classes Timetable

A class for every body



DAY	CLASS	LEVEL	INSTRUCTOR	TIME
MONDAY	VINYASA FLOW YOGA	All Levels	Jediah	7.15 - 8am
	PILATES	All levels	Monika	8.00 - 8.45am
	VINYASA FLOW YOGA	All Levels	Hermione	12.00 - 12.45pm
	VINYASA FLOW YOGA	All Levels	Androula	12.30 - 1.15pm
	PILATES	All levels	Andrea	12.45 - 1.30pm
TUESDAY	ASHTANGA YOGA MYSORE Self practice	All Levels	Loreta	7.15 - 8am
	PILATES	All levels	Paulina	8.00 - 8.45am
	YOGA	All Levels	Natalie	12.00 - 12.45pm
	PILATES	All Levels	Ana C	12.30 - 1.15pm
	VINYASA FLOW YOGA	All Levels	Francesca	12.45 - 1.30pm
WEDNESDAY	with Peter	All Levels	Youla	7.15 - 8am
	PILATES	All levels	Sam	8.00 - 8.45am
	VINYASA FLOW YOGA	All Levels	Hermione	12.00 - 12.45pm
	VINYASA FLOW YOGA	Levels 1-2	Jediah	12.30 - 1.15pm
	PILATES	All levels	Lisa	12.45 - 1.30pm
THURSDAY	Drop in anytime between 6 - 9am	All Levels	Lisa	1.30 - 2.15pm
	Everyday Mon - Fri	All Levels	Hermione	1.15 - 2pm
	NEW TEACHER PILATES	All levels	Natasha	7.00 - 7.45am
	VINYASA FLOW YOGA	All Levels	Loreta	7.45 - 8.30am
	VINYASA FLOW YOGA	All Levels	Anastasis	12.00 - 12.45pm
FRIDAY	VINYASA FLOW YOGA	All Levels	Jediah	7.00 - 7.45am
	PILATES	All levels	Sam	7.45 - 8.30am
	YIN YOGA	All levels	Patricia	12.00 - 12.45pm
	VINYASA FLOW YOGA	All Levels	Youla	12.30 - 1.15pm
	PILATES	All Levels	Maide	12.45 - 1.30pm

YOGA STYLES

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

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

Yin Yoga Props are used to support the body so that you can hold poses for longer, allowing you to open your body through passive stretching.

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

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.

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

PILATES VARIATIONS

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.

INTRO OFFER!

2 WEEKS OF CLASSES FOR ONLY £30

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

Courses



Hot Yoga

YOGA FOR **EVERY** BODY!

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

These courses are suitable for absolute beginners and also for those who want to return to the basics in order to revisit the foundation of their practice and understanding. And all this in a relaxed, friendly and supportive environment.

YOGA BEGINNER COURSES

The Yoga Beginner Course will introduce you to basic postures (asana), breathing (pranayama), philosophy and relaxation (meditation). Together we will explore fluid sequences of movements such as the 'sun salutation', as well as standing and sitting postures.

6 week Beginners Course with Ranjit Singh £78
Wednesdays 19:15-20:15 **Starts 8 Apr to 13 May**

6 week Beginners Course with Ranjit Singh £78
Wednesdays 19:15-20:15 **Starts 20 May to 24 Jun**

PILATES BEGINNER COURSES

The Pilates Beginner Course introduces you to the key postures, to core stability, pelvic neutrality, breathing techniques, philosophy and relaxation.

6 week Beginners Course with Paulina Rogalska £78
Tuesdays 17:45-18:45 **Starts 7 Apr to 12 May**

6 week Beginners Course with Paulina Rogalska £78
Tuesdays 17:45-18:45 **Starts 19 May to 23 Jun**



MON	Hot Vinyasa Flow 7.30 - 8.15am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Hot Vinyasa Flow 5.15 - 6pm	Hot Vinyasa Flow 6.15 - 7pm
	Hot Vinyasa Flow 7.30 - 8.15am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Hot Vinyasa Flow 5.15 - 6pm	Dynamic Flow Hot Yoga 6.15 - 7pm
TUES	Hot Vinyasa Flow 7.30 - 8.15am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Hot Vinyasa Flow 5.15 - 6pm	Dynamic Flow Hot Yoga 6.15 - 7pm
WED	Hot Vinyasa Flow 7.30 - 7.45am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Hot Vinyasa Flow 5.15 - 6pm	Hot Vinyasa Flow 6.15 - 7pm
THUR	Hot Vinyasa Flow 7.30 - 8.15am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Hot Vinyasa Flow 5.15 - 6pm	Dynamic Flow Hot Yoga 6.15 - 7pm
FRI	Hot Vinyasa Flow 7.30 - 8.15am	Hot Vinyasa Flow 12.15 - 1pm	Hot Vinyasa Flow 1.15 - 2pm	Dynamic Flow Hot Yoga 5.15 - 6pm	Hot Nurturing Flow 6.15-7pm

All Hot Yoga Classes: £13 drop in and included in all class packs and monthly passes

UNLIMITED HOT YOGA PASS
AS MANY HY CLASSES AS YOU LIKE
ONLY £69 a month

Full details on page 10

INTRO 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

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. Suitable for all levels






Dynamic Flow allows you to take the next step in your practice. More challenging postures combined with a deeper focus on your breath rapidly works towards increased strength, flexibility and heightened mental clarity. Suitable for all levels

Hot Nurturing Flow. Relax and unwind in this bliss-fest! In our lovely studio you will be guided gently through a slower flow, 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		PILATES REFORMER All Levels Lisa Marie 12.30 - 1.15pm	PILATES REFORMER All Levels Lisa Marie 1.15 - 2pm	PILATES REFORMER All Levels Lisa Marie 5.45 - 6.30pm	PILATES REFORMER All Levels Lisa Marie 6.30 - 7.15pm	DROP-IN PRICES £23 SAVE WITH CLASS PACKS: 5 Class Pack £105 (£21 each) 10 Class Pack £200 (£20 each)	
		PILATES REFORMER All Levels Eloise 7.45 - 8.30am	PILATES REFORMER All Levels Eloise 12.30 - 1.15pm	PILATES REFORMER All Levels Eloise 1.15 - 2.00pm	PILATES REFORMER All Levels Lisa T 5.45 - 6.30pm		
TUESDAY		PILATES REFORMER All Levels Ellen 7.45 - 8.30am	PILATES REFORMER All Levels Ellen 12.30 - 1.15pm	PILATES REFORMER All Levels Ellen 1.15 - 2pm	PILATES REFORMER All Levels Matt 4.30 - 5.25pm	PILATES REFORMER All Levels Matt 5.30 - 6.25pm	
		PILATES REFORMER All Levels Natasha 7.45 - 8.30am	PILATES REFORMER All Levels Natasha 12.30 - 1.15pm	PILATES REFORMER All Levels Natasha 1.15 - 2.00pm	PILATES REFORMER All Levels Patricia 5.45 - 6.30pm	PILATES REFORMER All Levels Patricia 6.30 - 7.15pm	
WEDNESDAY		PILATES REFORMER All Levels Ellen 7.45 - 8.30am	PILATES REFORMER All Levels Ellen 12.30 - 1.15pm	PILATES REFORMER All Levels Ellen 1.15 - 2pm	PILATES REFORMER All Levels Matt 4.30 - 5.25pm	PILATES REFORMER All Levels Matt 5.30 - 6.25pm	
		PILATES REFORMER All Levels Natasha 7.45 - 8.30am	PILATES REFORMER All Levels Natasha 12.30 - 1.15pm	PILATES REFORMER All Levels Natasha 1.15 - 2.00pm	PILATES REFORMER All Levels Patricia 5.45 - 6.30pm	PILATES REFORMER All Levels Patricia 6.30 - 7.15pm	
THURSDAY		PILATES REFORMER All Levels Natasha 7.45 - 8.30am	PILATES REFORMER All Levels Natasha 12.30 - 1.15pm	PILATES REFORMER All Levels Natasha 1.15 - 2.00pm	PILATES REFORMER All Levels Patricia 5.45 - 6.30pm	PILATES REFORMER All Levels Patricia 6.30 - 7.15pm	
		PILATES REFORMER All Levels Lisa T 12.30 - 1.15pm	PILATES REFORMER All Levels Lisa T 1.15 - 2.00pm	PILATES REFORMER All Levels Natasha 5.30 - 6.15pm	PILATES REFORMER All Levels Natasha 6.30 - 7.15pm		
FRIDAY		PILATES REFORMER All Levels Lisa T 12.30 - 1.15pm	PILATES REFORMER All Levels Lisa T 1.15 - 2.00pm	PILATES REFORMER All Levels Natasha 5.30 - 6.15pm	PILATES REFORMER All Levels Natasha 6.30 - 7.15pm		

MONDAY		LISA MARIE PROBERT Lmprobertpilates@gmail.com 2:30 - 8:30pm £40-£75	
TUESDAY		ELOISE BONEL 07387 938 859 8:30am - 12:30pm £40-70	
TUESDAY		LISA TOSI 07931 374 546 2.30 - 8:30pm £75 / 60min	
WEDNESDAY		MATT PHAM 07943 720 280 2:30 - 8:30pm £60 per session	
THURSDAY		NATASHA ABERCROMBIE 07706 762 023 8am - 2.00pm	
FRIDAY			

PILATES REFORMER STUDIO
@ LIGHT CENTRE MONUMENT



TO BOOK A PRIVATE SESSION CALL INSTRUCTORS DIRECTLY



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.

New to Reformer?
INTRO OFFER!

3 PILATES REFORMER CLASSES FOR ONLY £49

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 or private sessions 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.lightcentreonument.co.uk.

OUR BEST DEALS

UNLIMITED PASSES



MONTHLY UNLIMITED PASS
only £85 a month
(£95 to include Mysore)

ANNUAL UNLIMITED PASS
only £960 a year
(£1,080 to include Mysore)

HOT YOGA MONTHLY PASS
only £69 a month

- **Unlimited** Yoga, Pilates and Hot Yoga mat classes at all our Centres
(Hot Yoga Pass is for Hot Yoga classes only)
- 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 and Hot Yoga Monthly Pass are rolling monthly contracts 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 lightcentre.com.

CLASS PACKS

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)

Pilates Reformer Class Packs

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

5 CLASS PACK	£105 (£21 per class)
10 CLASS PACK	£200 (£20 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.

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 UNLIMITED mat 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.

3 PILATES REFORMER CLASSES for ONLY £49!

Never tried **Pilates Reformer** before? **Get started for only £49!**
Sample 3 of our Pilates Reformer classes over **21 days**.

(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 be used for Pilates Reformer Classes at Light Centres Monument or Moorgate. The offer is valid for 21 days from the date of your first visit and must be activated within 21 days of purchase. It entitles you to attend 3 pilates reformer classes. Not valid for Yoga, Mat 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



Helping you be the best version of you

PHYSICAL THERAPIES

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

- T** **ACUPRESSURE, MASSAGE, INDIAN HEAD MASSAGE, THAI MASSAGE, INTEGRATIVE THERAPY** - Sonia Edwards 07366 01 88 00 info@tao-harmony.org
- W** **ACUPUNCTURE, MASSAGE, CHINESE MEDICINE** - Alejandro Rossetti 07828 817 973 easternintegrative@gmail.com
- M** **ACUPUNCTURE, CHINESE MEDICINE** - Davy Leung 07933 016 160 davy@longevityclinicuk.co.uk
- W** **ACUPUNCTURE, COSMETIC ACUPUNCTURE, CUPPING THERAPY** - Emily Rumbles 07508 953 453 rumblesacupuncture@gmail.com
- T** **ACUPUNCTURE, DEEP TISSUE MASSAGE** - Gabrielle Stephenson 0797 683 9461 gabrielle@bromptonacupuncture.com
- T** **th** **ACUPUNCTURE, MANUAL LYMPHATIC DRAINAGE REIKI, RED & NEAR IR LIGHT THERAPY** - Giedre Babrauskiene 07972 705 733 rejuvenationacupuncture@gmail.com
- F** **ACUPUNCTURE (5 ELEMENTS ACUPUNCTURE)** - James Bartlett 07725 517 874 jamesbartlett.acupuncture@gmail.com
- F** **ACUPUNCTURE, CHINESE HERBS, TUINA MASSAGE** - Lucie Trinephi 07421 877 138 artofhealing@yahoo.com
- T** **F** **ACUPUNCTURE, NUTRITION** - Michelle Adams 07850 478 832 michelle@thecloudgate.co.uk
- th** **ACUPUNCTURE, KINESIOLOGY** - Paula Felgate 07810 845 950 paula@acupuncturegb.com
- th** **ACUPUNCTURE, FERTILITY MASSAGE, REIKI** - Silene Bricet 0794 462 3533 silene@bricetacupuncture.co.uk
- M** **AROMATHERAPY, ESSENIAN HEALING, REFLEXOLOGY, HOLISTIC MASSAGE** - Antonello Brunetti 07593 693 334 info@pranavoice.com
- W** **AROMATHERAPY, SPORTS, REMEDIAL, INDIAN HEAD, REFLEXOLOGY, CRYSTAL MASSAGE** - Ersilia Arjocan 07791 879 256 contact@holistictreats.net
- F** **AROMATHERAPY MASSAGE, REFLEXOLOGY, MEDITATION, COACHING, ENERGY HEALING** - Jana Krychtalkova 07972 900 070 jana.haniel@gmail.com
- th** **AYURVEDIC YOGA MASSAGE THERAPY** - Medea Vaczy 07718 618 239 medeavaczy@gmail.com
- th** **BIODYNAMIC MASSAGE, 1:1 YOGA** - Emma Bond 07960 390 301 info@yogawithemmabond.com
- T** **CHINESE MEDICINE & FIVE ELEMENT ACUPUNCTURE, FACIAL ACUPUNCTURE, CUPPING, MOXA** - Erika Fodor erikafodor.acupuncture@gmail.com
- M** **T** **COLON HYDROTHERAPY, FUNCTIONAL MEDICINE, NUTRITION, NATUROPATHY** - Brianan Dolan 07717 670 422 brianan@btinternet.com
- th** **COLON HYDROTHERAPY, MASSAGE, SPORTS & DEEP TISSUE, PREGNANCY, NUTRITION** - Carey Boothe 07786 065 361 info@zestforhealth.co.uk

KEY **M** Mondays **T** Tuesdays **W** Wednesdays **th** Thursdays **F** Fridays **S** Saturdays

PHYSICAL THERAPIES

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

- W** **COLON HYDROTHERAPY, SYSTEMATIC KINESIOLOGY, NUTRITION, METABOLIC BALANCE** - Kaori Murphy 07891 573 397 info@innervitality.co.uk
- W** **th** **CRANIOSACRAL THERAPY, INTEGRATIVE PSYCHOTHERAPY** - Sara Browne 07927 904 433 sarabrowne@hotmail.co.uk
- S** **FACE YOGA, YOGA, REIKI, MEDITATION, YOGA NIDRA, WOMEN'S WELLNESS (MENOPAUSE)** - Beth Kenney 07920 062 929 beth@yogajustintime.com
- M** **T** **W** **th** **F** **FUNGAL & DAMAGED NAIL LASER TREATMENT, SPECIALIST ORTHOTICS** - 21st Century Podiatry 020 7867-3930 info@21stpodiatry.co.uk
- F** **INDIAN HEAD MASSAGE, FACIAL MASSAGE** - Asma Docrat 07956 655 110 asmadocrat@gmail.com
- th** **INTEGRATED OSTEOPATHIC MEDICINE** - Geoff Montague-Smith 07769 651594 info@atmanclinic.co.uk
- M** **F** **LIVER ASSESSMENTS, FIBROSCAN** - Louise Campbell 07904 313 145 louise.campbell@tawazunhealth.com
- th** **MASSAGE, ESOTERIC MASSAGE, ENERGETIC FACIAL RELEASE / MASSAGE, ESOTERIC HEALING** - Julie Matson 07725 521 829 juliematson37@gmail.com
- F** **MASSAGE THERAPY, HERBAL MEDICINE, NATUROPATHY** - Marie-Caroline Cotel 07792 725 620 mariecarolinecotel@gmail.com
- M** **T** **F** **MASSAGE, THAI MASSAGE, REFLEXOLOGY, SHIATSU, PREGNANCY & FERTILITY TREATMENTS** - Monica Pineider 07595 378 108 info@atoztherapies.com
- F** **MASSAGE, DEEP TISSUE, SPORTS** - Samantha Wisbey 07598 843 195 info@squaremileosteopathy.com
- M** **T** **W** **F** **MASSAGE** - Sergii Mazunin 07787 591 940 sergii.mazunin@gmail.com
- F** **MASSAGE THERAPY** - Victoria Thornton 07455 008 468 victhevegan@protonmail.com
- T** **OSTEOPATHY** - Amy Hope 07511 132 370 info@hopeosteopathy.co.uk
- M** **OSTEOPATHY, MASSAGE, DEEP TISSUE, SPORTS, 1:1 YOGA TEACHING** - Annabelle Loras 07979 905 204 annabelle.osteo@outlook.com
- T** **OSTEOPATHY** - Eglantine Hallo 07891 574 248 info@eglantinehallo-osteopath.co.uk
- M** **OSTEOPATHY, SPORTS MASSAGE/ DEEP TISSUE, DRY-NEEDLING** - Jackie Tan 07517 700 018 shiangjt@gmail.com
- th** **OSTEOPATHY, SPORTS MASSAGE, SPORTS REHABILITATION, TAPING & BRACING** - Kieran Lowe 0208 088 2860 kieran@justonebody.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.

Therapists



Helping you be the best version of you

PHYSICAL THERAPIES

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

- W** **OSTEOPATHY** - Valeria Ferreira
07763 149 005 valferr@mac.com
- MW** **OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE, REIKI** - Ivan Carrasco
07501 929 509 info@sattvalondon.com
- M** **OSTEOPATHY, MASSAGE** - Harriet Johnson
07711 280 229 themonumentosteopath@gmail.com
- T** **OSTEOPATHY, SPORTS MASSAGE, DRY NEEDLING** - Nigel Robinson
0208 088 2860 nigel@justonebody.com
- TF** **PHYSIOTHERAPY, SPORTS / DEEP TISSUE MASSAGE, PILATES** -
Mairinara Farquharson 07931 438 135 www.londonphysiopilates.com
- W** **FERTILITY REFLEXOLOGY/MASSAGE, PREGNANCY REFLEX/MASS, FACIAL REJUVENATION** - Rima Shah 07947 359 838 info@calmandclear.co.uk
- T** **ROLFING® STRUCTURAL INTEGRATION** - Aidan Treays
07808 352 584 aidantreays@me.com
- W** **ROLF METHOD OF STRUCTURAL INTEGRATION** - Anna Collins
07986 250 305 aloha@thepolishedonion.com
- S** **SPECIALIST PAIN PHYSIOTHERAPIST** - Tania Amorim
07527 316 814 moving.self@gmail.com
- W** **SPORTS MASSAGE, SPORTS INJURIES, DRY NEEDLING, MYOFASCIAL CUPPING, SPORTS REHAB** - Dana Irvin 07834414729 danairvin@hotmail.com
- M** **SPORTS MASSAGE THERAPY, MASSAGE THERAPY** - Liz Marsland
07411 352 966 Lizaspire@gmail.com Tue: 8am-2pm
- Th** **SPORTS MASSAGE, PREGNANCY MASSAGE, ACUPUNCTURE, INJURY THERAPY** - Lucy Honeyman 07854 401 576 contactbetterbodybalance@gmail.com
- F** **SPORT MASSAGE, DEEP TISSUE AND PREGNANCY MASSAGE** - Marine Lopez 07466 418 083 marinemassageinfo@gmail.com
- F** **SPORTS & REMEDIAL MASSAGE, SPINAL MANIPULATIONS, MEDICAL ACUPUNCTURE, PREGNANCY MASSAGE** - Ruth Larkin 07834 471 124 ruth@rlsportstherapy.com
- F** **SPORTS & REMEDIAL MASSAGE, DRY NEEDLING, DRY CUPPING, JOINT MOBILISATION, IASTM** - S.Marques 07852 990 630 ssmarques@live.com
- Th** **SPORTS & REMEDIAL MASSAGE, BOWEN TECHNIQUE** - Toni Platon
07709 416 161 toniplaton3000@gmail.com
- F** **SPORTS & REMEDIAL MASSAGE, MYOFASCIAL RELEASE, STRUCTURAL ALIGNMENT** - Zoltan Zavody 07764 882 743 zoltan@adagiohands.com
- M** **THAI YOGA MASSAGE, ABDOMINAL MASSAGE, DEEP TISSUE, 1:1 YOGA** - Elisabetta Marabotto 07540 306 670 elisabetta.marabotto@gmail.com

PHYSICAL THERAPIES

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

- W** **THAI YOGA or OIL MASSAGE, INDIAN HEAD MASSAGE, SLEEP SOLUTION** - Patricia Creola 07872 161 314 patricia.creola@gmail.com
- T** **THERAPEUTIC & DEEP TISSUE MASSAGE, SPORTS/REMEDIAL, THAI YOGA MASSAGE, MYOFASCIAL RELEASE** - Marianna Kaye 07837 912 332 mjaqaye@gmail.com
- W** **YOGA 1 to 1** - Anastasis Tzanis
07901 587 268 atzanis@gmail.com
- W** **YOGA & NUTRITIONAL THERAPY** - Beth Jeffries
07738 907 228 beth@blossomwithbetsy.com
- W** **YOGA, SLEEP & BURNOUT RECOVERY COACH, RAPID TRANSFORMATIONAL THERAPY** - Bianca Riemer 07590 354 156 biancariemer@hotmail.com
- S** **YOGA 1:1 (YIN / FLOW), REIKI** - Elisabeth (Elli) Fruehwirth
07401 950 217 elli@awakeninginnerlight.com www.awakeninginnerlight.com
- F** **YOGA THERAPY, THAI MASSAGE, AYURVEDA** - Mahesh Mathpati
07480 861 661 dr.mathpati@gmail.com
- T** **YOGA THERAPY & MASSAGE (inc FERTILITY, PREGNANCY, POSTNATAL), DOULA SERVICES** - Vera Dubrovina-Thompson 07957 468895 info@veradubrovina.com

TALKING THERAPIES

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

- Th** **BIODYNAMIC PSYCHOTHERAPIST** - Emma Bond
07960 390 301 info@yogawithemmabond.com
- Th** **COACHING, SYSTEMATIC KINESIOLOGY, NUTRITION** - Anders Wickberg
07852 133 165 anders@kandacoaching.com
- F** **COACHING, PHYSIOTHERAPY, ACUPUNCTURE** - Marte Jannecken Birkemo Arsland
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- S** **COACHING, THETA HEALING, YOGA, FACE YOGA, REIKI, MEDITATION, WOMEN'S WELLNESS (MENOPAUSE)** - Beth Kenney 07920 062 929 beth@yogajustintime.com
- W** **COUNSELLING, STRESS AND ANXIETY MANAGEMENT** - Sam Baker
07501 559 046 sam@ahhealthiermind.co.uk
- F** **COUNSELLING** - Tessa Ettinger
07739 108 629 tessae@hotmail.co.uk
- Th** **EFT/TAPPING, FDN® HEALTH COACH, STRESS MANAGEMENT, REIKI, LAB TESTS** - Stacy Marx 07948 375 860 gritwellness@gmail.com
- M** **EXECUTIVE COACH, HYPNOTHERAPIST, NLP** - Jules Brinkley
07833 175 568 jules@julesbrinkley.com
- W** **HEALTH COACHING, STRESS MANAGEMENT, DREAMWORK, WOMEN'S HEALTH** - Ersilia Arjocan 07791 879 256 contact@holisticstreats.net

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Therapists



TALKING THERAPIES

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- Th** **HYPNOTHERAPY, MENTAL IMAGERY THERAPY** - Ermina Isanovic
07921 025 750 m-i-t@mail.com
- W** **HYPNOTHERAPY** - Monica Kalinska-Bialek
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- Th** **INTEGRATIVE COUNSELLING/ PSYCHOTHERAPY** - Diana Evans
07415 223 278 dianapevans@hotmail.com
- W** **INTEGRATIVE THERAPY USING PERSON CENTRED, PSYCHODYNAMIC AND CBT** - Nicole Bender
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- WTh** **INTEGRATIVE PSYCHOTHERAPY CRANIOSACRAL THERAPY** - Sara Browne
07927 904 433 sarabrowne@hotmail.co.uk
- T** **COUNSELLING, INTEGRATIVE THERAPY** - Sonia Edwards
07366 01 88 00 info@tao-harmony.org
- W** **WELLBEING COACH, HOLISTIC DIVORCE COACH, NLP, ENERGY HEALING** - Emma Tuffey
07976 262 260 info@emmatuffey.co.uk
- F** **MEDITATION, LIFE COACHING, ENERGY HEALING, AROMATHERAPY, REFLEXOLOGY** - Jana Krychtalkova
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- T** **MEDITATION, WOMEN WELL-BEING, POSTPARTUM BIRTH TRAUMA SUPPORT** - Vera Dubrovina-Thompson
07957 468 895 info@veradubrovina.com
- W** **PSYCHOTHERAPIST/COUNSELLING, REIKI** - Lucia Barbosa Gardiner
07960 511 444 lucia.gardiner@yahoo.com
- T** **RELATIONSHIP & ANXIETY THERAPY** - Isabelita Oliveira
07478 311 085 info@TalkRelationships.co.uk
- W** **SLEEP & BURNOUT RECOVERY COACH, RAPID TRANSFORMATIONAL THERAPY, PRANIC HEALING** - Bianca Riemer
07590 354 156 biancariemer@hotmail.com
- W** **SLEEP SOLUTIONS, THAI YOGA or OIL MASSAGE, INDIAN HEAD MASSAGE** - Patricia Creola
07872 161 314 patricia.creola@gmail.com
- M** **TRANSFORMATIONAL COACHING** - Sarah Walsh
020 8638 8801 sarah@sarahwalsh.london

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- W** **CHINESE MEDICINE, ACUPUNCTURE, MASSAGE** - Alejandro Rossetti
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- M** **CHINESE MEDICINE, ACUPUNCTURE** - Davy Leung
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- F** **CHINESE HERBS, ACUPUNCTURE, TUINA MASSAGE** - Lucie Trinephi
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- M T** **FUNCTIONAL MEDICINE, NUTRITION, NATUROPATHY, COLONIC HYDROTHERAPY** - Brianan Dolan
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- S** **FUNCTIONAL MEDICINE, NUTRITIONAL MEDICINE, LIFESTYLE MEDICINE** - Dr Klaudia Raczko
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- W** **NUTRITIONAL THERAPY & YOGA** - Beth Jeffries
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- Th** **NUTRITIONAL THERAPY, COLON HYDROTHERAPY, MASSAGE, SPORTS & DEEP TISSUE, PREGNANCY** - Carey Boothe
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- T** **NUTRITIONAL THERAPY, FUNCTIONAL MEDICINE, HEALTH COACHING, SOUL BODY FUSION THERAPY** - Dominica Roszko
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- M** **NUTRITIONAL THERAPY** - Francesca Liparoti
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- W** **NUTRITION, METABOLIC BALANCE, COLON HYDROTHERAPY, SYSTEMATIC KINESIOLOGY** - Kaori Murphy
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- Th** **NUTRITION, SPORTS MASSAGE, PREGNANCY MASSAGE, ACUPUNCTURE** - Lucy Honeyman
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- T F** **NUTRITION, ACUPUNCTURE** - Michelle Adams
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Therapists



ENERGY THERAPIES

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- W** **ALCHEMY ENERGETICS, REIKI, CRYSTAL MASSAGE, MEXICA HEALING, SHAMANISM -** Ersilia Arjocan 07791 879 256 contact@holistictreats.net
- M** **CHINESE MEDICINE, ACUPUNCTURE -** Davy Leung 07933 016 160 davy@longevityclinicuk.co.uk
- Th** **EMOTIONAL FREEDOM TECHNIQUE/TAPPING, REIKI, STRESS MANAGEMENT, FDN@ -** Stacy Marx 07948 375 860 gritwellness@gmail.com
- Th** **ESOTERIC HEALING, ESOTERIC MASSAGE, ENERGETIC FACIAL RELEASE / MASSAGE -** Julie Matson 07725 521 829 juliematson37@gmail.com
- TW** **ESOTERIC HEALING AND BODYWORK -** Sara Williams 07795 164 144 contact@sarawilliams.info
- M** **ESSENIAN HEALING, AROMATHERAPY, REFLEXOLOGY, HOLISTIC MASSAGE -** Antonello Brunetti 07593 693 334 info@pranavoice.com
- W** **ENERGY HEALING , WELLBEING COACH, HOLISTIC DIVORCE COACH, NLP -** Emma Tuffey 07976 262 260 info@emmatuffey.co.uk
- T** **ENERGY HEALING, REIKI -** Sonia Edwards 07366 01 88 00 info@tao-harmony.org
- F** **ENERGY MEDICINE, SOUND HEALING, NUTRITION -** Claire Guckian 07855954780 claire@clairemarieguckian.com
- F** **MEDITATION, LIFE COACHING, ENERGY HEALING, AROMATHERAPY, REFLEXOLOGY -** Jana Krychtalkova 07972 900 070 jana.haniel@gmail.com
- S** **REIKI, 1:1 YOGA (YIN / FLOW) -** Elisabeth (Elli) Fruehwirth 07401 950 217 elli@awakeninginnerlight.com www.awakeninginnerlight.com
- W** **REIKI, PSYCHOTHERAPIST/COUNSELLING -** Lucia Barbosa Gardiner 07960 511 444 lucia.gardiner@yahoo.com
- MW** **REIKI, OSTEOPATHY, DEEP TISSUE MASSAGE, SPORTS MASSAGE -** Ivan Carrasco 07501 929 509 info@sattvalondon.com
- Th** **REIKI, ACUPUNCTURE, FERTILITY MASSAGE -** Silene Bricet 0794 462 3533 silene@bricetacupuncture.co.uk
- W** **SYSTEMATIC KINESIOLOGY, COLON HYDROTHERAPY, NUTRITION, METABOLIC BALANCE -** Kaori Murphy 07891 573 397 info@innervitality.co.uk
- T** **WOMEN WELL-BEING, PREGNANCY/POST NATAL, DOULA, YOGA THERAPY -** Vera Dubrovina-Thompson 07957 468 895 info@veradubrovina.com
- S** **THETA HEALING, REIKI, MEDITATION, FACIAL YOGA, YOGA, WOMEN'S WELLNESS (MENOPAUSE) -** Beth Kenney 07920 062 929 beth@yogajustintime.com

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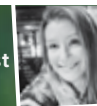
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