

SPRING 2020



LIGHT
CENTRE
MOORGATE

YOGA
PILATES
THERAPIES
MASSAGE
PHYSIOTHERAPY
PODIATRY
NUTRITION
COACHING
WORKSHOPS
FITNESS
and MORE

LONDON'S
LEADING
HOLISTIC
WELLBEING
CENTRE

Dr Deniah Pachai

GP, Medical Acupuncturist and
Lifestyle Medicine Practitioner



- **Medical Acupuncture**
including **Electroacupuncture**



- **Health Coaching**
- **Ten minute Lu Jong Yoga**

SPECIAL OFFER!

50% OFF

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Coaching in March 2020

07961 959 766

www.drdeniahpachai.com

Forget all other exercising!
Say goodbye to the training blues!
Experience SBM for Women's health!

Sunday 21th June 2020
Self Body Make (SBM) workshop
at Light Centre Moorgate

www.lilyandgold-london.com
www.lilyandgold-london.blogspot.com
mika@lilyandgold-london.com



MAX MANLAY OSTEOPATHY

OSTEOPATHY MASSAGE REHABILITATION

IN PAIN?
CAN'T EXERCISE?
STOPPING YOU FROM DOING
WHAT YOU ENJOY?

A COMBINATION OF
OSTEOPATHY, MASSAGE &
REHABILITATION MAY BE THE
MISSING LINK TO BEING PAIN
FREE...

ALL INITIAL CONSULTATIONS
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THROUGH TILL MARCH 31st
2020

THE LIGHT CENTRE MOORGATE
APPOINTMENTS AVAILABLE MONDAY 8AM - 2PM

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50%



Tessa Bali
Holistic & Clinical Therapist
www.tessabaliholistic.com



Clinical Hypnotherapy
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

Welcome to Light Centre Moorgate

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

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

Classes Timetable

A class for every body



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ASHTANGA YOGA MYSORE Self practice with Adam
Drop in anytime between 6 - 9am Mon - Fri

VINYASA FLOW YOGA All Levels Alsu 7.15 - 8am	VINYASA FLOW YOGA All Levels Raghibir 8 - 8.45am	VINYASA FLOW YOGA All Levels Alessandra 11.00 - 12.30pm	PILATES All Levels Ana 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Alessandra 12.45 - 1.30pm	PILATES Level 1-2 Ana 1.15 - 2pm	RESTORATIVE YOGA All Levels Nicole 1.45 - 2.30pm	VINYASA FLOW YOGA All Levels Loreta 2 - 2.45pm	PILATES All Levels Clare 5.30 - 6.15pm	YOGA Level 1-2 Francesca 6 - 7.15pm	PILATES BEGINNER COURSE 6.15 - 7.15pm SEE PAGE 8 >	YOGA BEGINNER COURSE 7.15 - 8.15pm SEE PAGE 8 >	ASHTANGA YOGA All Levels Peter 7.15 - 8.30pm	
NEW POWER YOGA All Levels Wen 7 - 8am	VINYASA FLOW YOGA All Levels Youla 8 - 8.45am	FLOOR BARRE All Levels Chardet 12.00 - 12.45pm	VINYASA FLOW YOGA All Levels Androula 12.30 - 1.15pm	PILATES All Levels Clare 12.45 - 1.30pm	 PREGNANCY YOGA All Levels Anja 1.15 - 2pm	KUNDALINI YOGA EXPRESS Emma 1.30 - 2.15pm	DYNAMIC DHARMA YOGA All Levels David 2 - 3pm	YOGA HAND-STANDS Guillermo 2.15 - 3pm	VINYASA FLOW YOGA All Levels Luci 5.30 - 6.15pm	 PREGNANCY PILATES All levels Monika 5.30 - 6.15pm	YOGA BEGINNER COURSE 6.15 - 7.15pm SEE PAGE 8 >	NEW YIN-YANG YOGA All Levels Saori 7 - 8.30pm	YOGA All Levels Lex 7.15 - 8.30pm
VINYASA FLOW YOGA All Levels Lucy 7.15 - 8am	NEW TEACHER VINYASA FLOW YOGA All Levels Nikki 8 - 8.45am	VINYASA FLOW YOGA All Levels Anastasis 11.00 - 11.45pm	PILATES All Levels Tori 12.30 - 1.15pm	YOGA All Levels Ranjit 12.30 - 1.15pm	STRENGTHENING PILATES Tori 1.15 - 2pm	NEW DYNAMIC BODY® All Levels Letitia 1.15 - 2pm	YOGA Level 1-2 Youla 2 - 2.45pm	 PREGNANCY YOGA All Levels Fleur 5.25 - 6.10pm	NEW PILATES All Levels Emma 5.45 - 6.45pm	NEW YOGA All Levels Ahmed 6.15 - 7.15pm	MINDFUL YOGA All Levels Catherine 6.45 - 7.45pm	KUNDALINI YOGA All Levels Emma 7.20 - 8.35pm	
VINYASA FLOW YOGA All Levels Thomas 7 - 8am	VINYASA FLOW YOGA All Levels Thomas 8 - 8.45am	NEW YIN-YANG YOGA All Levels Liz 11.00 - 12.15pm	YOGA All Levels Dorothea 12.00 - 12.45pm	PILATES All levels Clare 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Alessandra 12.45 - 1.30pm	PILATES 4 BACKS All levels Clare 1.15 - 2pm	YOGA All Levels Ranjit 1.30 - 2.15pm	VINYASA FLOW YOGA All Levels Nikki 2 - 2.45pm	 PREGNANCY PILATES All levels Ana 5.30 - 6.15pm	NEW TEACHER VINYASA FLOW YOGA All Levels Ashley 6 - 7pm	PILATES All levels Ana 6.15 - 7pm	ASHTANGA YOGA All Levels Peter 7 - 8.30pm	NEW PILATES All Levels Aurora 7 - 7.45pm
VINYASA FLOW YOGA All Levels Raghibir 7.15 - 8am	YOGA All Levels Dorothea 8 - 8.45am	PILATES All levels Emma 12.00 - 12.45pm	YOGA All Levels Nicole 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Androula 12.45 - 1.30pm	FLOW & MEDITATE All Levels Francesca 1.30 - 2.15pm	RESTORATIVE YOGA All Levels Nicole 2 - 2.45pm	PILATES All Levels Monika 5.30 - 6.15pm	VINYASA FLOW YOGA All Levels Alicja 5.45 - 7pm	 PREGNANCY YOGA All Levels Brenda 6.15 - 7.15pm	ASHTANGA YOGA All Levels Peter S 7.15 - 8.30pm			

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.

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.

Yin-Yang Yoga - Balanced dynamic vinyasa, harmonising prana and seated long holding postures and breath work.

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.

PILATES

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

Pilates 4 Backs strengthens the back support muscles, by mobilising the spine and practicing / maintaining correct alignment.

Strengthening Pilates designed to tone and strengthen core areas using the stability roller and theraband. For experienced Pilates clients.

Pregnancy Pilates is designed for the limitations & requirements of a developing pregnancy 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

Pilates Reformer Classes Timetable

Private 1:1 and Group
Pilates Equipment Sessions

MONDAY	INTRO OFFER!  21 day expiry A great way to try Pilates Reformer for clients new to Reformer only		PILATES REFORMER Level 1-2 Ana 2 - 2.45pm	PILATES REFORMER Level 1-2 Ana 5.45 - 6.30pm	REFORMER BEGINNER COURSE Ana 6.30 - 7.15pm <i>Details page 8>></i>	REFORMER PILATES REFORMER 1-2 Ana 7.15 - 8pm
	TUESDAY	PILATES REFORMER Level 1-2 Tori 1.15 - 2pm	PILATES REFORMER Level 1-2 Clare 5.45 - 6.30pm	 PREGNANCY REFORMER All Levels Clare 6.30 - 7.15pm	PILATES REFORMER BEGINNER COURSE TBC 7.15 - 8pm <i>Details page 8>></i>	
WEDNESDAY	PILATES REFORMER Level 1-2 Ana 8 - 8.45am	PILATES REFORMER Level 1-2 Ana 12.30 - 1.15pm	 PREGNANCY REFORMER All Levels Ana 1.15 - 2pm	PILATES REFORMER Levels 1-2 Monika 5.45 - 6.30pm	PILATES REFORMER Levels 1-2 Monika 6.30 - 7.15pm	PILATES REFORMER Level 1 Monika 7.15 - 8pm
THURSDAY		PILATES REFORMER Levels 1-2 Melanie 12.30 - 1.15pm	PILATES REFORMER Levels 1-2 Melanie 1.15 - 2pm			
FRIDAY	PILATES REFORMER BEGINNER COURSE Ana 8 - 8.45am <i>Details page 8>></i>	PILATES REFORMER Levels 1-2 Ana 12.30 - 1.15pm	 PREGNANCY REFORMER All Levels Ana 1.15 - 2pm			

MONDAY	AMY BROGAN 07983 255 009 8am - 2pm £80 / 60min 	ANA CARVALHO 07735 577 047 2.45 - 5.45pm £80 / £700 block of 10 	<p>Private sessions with some of the best instructors in London</p>  <p>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.</p> 
	TORI NORRIS 07950 487 005 8am - 1.15pm £80 / £700 block of 10 	CLARE SHERIDAN 07784 268 438 2.30 - 5.45pm £75 / £362.50 5-pack 	
ANA CARVALHO 07735 577 047 8.45am - 12.30pm £80 / £700 block of 10 	MONIKA GOLOS 07711 062 508 2 - 5.45pm £75 / 60min 		
MELANIE BRAAM 07553 319 098 8am - 12.30pm £80 / 60min 	AMY BROGAN 07983 255 009 2 - 8pm £80 / 60min 		
ANA CARVALHO 07735 577 047 8.45am - 12.30pm £80 / £700 block of 10 	<p>TO BOOK A PRIVATE SESSION CALL INSTRUCTORS DIRECTLY</p>		
FRIDAY			

Before joining a group class we advise you to have a 1-to-1 session to learn how to use the equipment.

DROP-IN PRICE
£23

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

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.

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 BEGINNER COURSES

6 week Beginners Course with Francesca Sanlorenzo Mondays 19:15-20:15	Starts 2 Mar to 6 Apr	£78
6 week Beginners Course with Lex Ananias Tuesdays 18:15-19:15	Starts 3 Mar to 7 Apr	£78
6 week Beginners Course with Lex Ananias Tuesdays 18:15-19:15	Starts 21 Apr to 26 May	£78
6 week Beginners Course with Francesca Sanlorenzo Mondays 19:15-20:15	Starts 11 May to 22 Jun	£78

PILATES BEGINNER COURSES

6 week Beginners Course with Clare Sheridan Mondays 18:15-19:15	Starts 2 Mar to 6 Apr	£78
6 week Beginners Course with TBC Mondays 18:15-19:15	Starts 20 Apr to 1 Jun	£78

PILATES REFORMER COURSES

6 weeks Beginners Reformer Course with Clare Sheridan Mondays 18:30-19:30	Starts 3 Mar to 7 Apr	£132
4 weeks Beginners Reformer Course with Ana Carvalho Fridays 08:00-08:45	Starts 6 Mar to 27 Mar	£88
4 weeks Beginners Reformer Course with Ana Carvalho Fridays 08:00-08:45	Starts 3 Apr to 1 May	£88
4 weeks Beginners Reformer Course with Ana Carvalho Fridays 08:00-08:45	Starts 15 MAY to 5 Jun	£88

There are only 5 places on each Reformer course so early booking is essential.

And there's more...

SOUND BATHS • **TANTRA SPEED DATING**
ANATOMY • **CACAO CEREMONIES** • **TAROT**
PAST LIFE AWAKENING • **BREATHWORK**
USING ESSENTIAL OILS • **WIM HOF METHOD**
HYPNOBIRTHING • **TEACHER TRAINING**

Just some of the special events going on at The Light Centre that don't appear in this booklet.

Check out the current full list at

lightcentre.com/events-calendar

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

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)

- **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. Hot Yoga at Monument Centre only.

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 5 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

- M** **ACUPUNCTURE: FERTILITY & ANTENATAL** - Alexandra O'Connor
07990 619 489 windmills@hotmail.com
- F** **ACUPUNCTURE (MEDICAL ACUPUNCTURE), HEALTH COACHING, NUTRITION, LU JONG BUDDHIST YOGA** - Dr Deniah Pachai 07961959766 drdeniah@healthdi.info
- W F** **ACUPUNCTURE, DEEP TISSUE & PREGNANCY MASSAGE** - Gabrielle Stephenson
0797 683 9461 gabrielle@bromptonacupuncture.com
- M** **ACUPUNCTURE, REIKI, LYMPHATIC DRAINAGE, DEEP TISSUE MASSAGE** - Giedre Babrauskiene 07972 705 733 mldtreatments@gmail.com
- Th S** **ACUPUNCTURE** - Kelly Millington
07733 263 239 kelly@kellymillington.co.uk
- T W Th F** **ACUPUNCTURE, KINESIOLOGY** - Paula Felgate
07810 845 950 paula@acupuncture.gb.com
- W** **ACUPUNCTURE, DEEP TISSUE, PREGNANCY MASSAGE, REFLEXOLOGY** - Sarah Elcome 07947 533 877 sarah@ammatherapy.co.uk
- F** **ACUPUNCTURE, FERTILITY, NATURAL FACELIFT, HERBS & HOMEOPATHY** - Shaila Karim 07870 813 287 shaila@naturalwayforward.co.uk
- F** **ALEXANDER TECHNIQUE, NUTRITIONAL THERAPY** - Monique Stone
07980 570 968 moniquemstone@gmail.com
- S** **BOWEN THERAPIST/ FOOT FUNCTION SPECIALIST** - Marc Sher
07968 583 363 marcsher@gmail.com
- M T W Th F** **CHIROPODY AND PODIATRY** - FeetByPody
0207 099 6657
nicolas@feetbypody.com
- T** **CHIROPRACTIC THE MCTIMONEY WAY** - Andrew Hunter
07855 916 602 a.c.hunter@me.com
- W Th** **CRANIOSACRAL THERAPY, INTEGRATIVE PSYCHOTHERAPY** - Sara Browne
07927 904 433 sarabrowne@hotmail.co.uk
- T** **DEEP TISSUE, YOGA BODYWORK, LOMI LOMI, PREGNANCY, NATURAL FACELIFT, HOT STONE** - Aristeia Zougri 07873 391 200 info@altheamassage.co.uk
- T F** **DEEP TISSUE, ACTIVE RELEASE TECHNIQUE** - Mick McCleary
07957 050 931 mick@bodywallnorthshore.com
- W** **DEEP TISSUE, REMEDIAL & PREGNANCY MASSAGE** - Anja Woszczyzna
07940 562 813 info@yogawithanja.co.uk
- F** **DEEP TISSUE, THERAPEUTIC MASSAGE, COUNSELLING/PSYCHOTHERAPY** - Neil Woolf
07980 404 867 woolf.neil@gmail.com
- F** **MASSAGE, REIKI, HEALTH COACHING AND NUTRITION** - Inka Oravcova
07936 641 786 inka@imneverbetter.com



PHYSICAL THERAPIES

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

- Th** **FACIAL REJUVENATION, REFLEXOLOGY, PREGNANCY, FERTILITY** - Rima Shah
07947 359 838 info@calmandclear.co.uk
- M** **THERAPEUTIC MASSAGE/HYPNOTHERAPY/COACHING** - Rachael Hudson
07768 446 867 rachael@dochange.co.uk
- F** **MENOPAUSE WELLNESS, ZONE FACE LIFT, ORTHOPAEDIC REFLEXOLOGY** - Shameen Contractor 0774 047 3987 info@thehealing-place.com
- T W** **OSTEOPATHY, DEEP TISSUE/SPORTS MASSAGE, 1:1 YOGA** - Annabelle Loras
07979 905 204 annabelle.osteo@outlook.com
- T F** **OSTEOPATHY** - Damien Harcourt
07793 084 394 damienharcourt@gmail.com
- Th** **OSTEOPATHY, MASSAGE** - Marvin Blake
07446 893 045 info@marvinblake.com
- M** **OSTEOPATHY, EXERCISE REHABILITATION & SPORTS MASSAGE** - Max Manlay
07536 114 099 enquiries@maxmanlay.com
- F** **OSTEOPATHY, MYOFASCIAL RELEASE, SPORTS MASSAGE** - Mike O'Connor
07545 968 342 mike@myofascial-bodywork.com
- M Th** **OSTEOPATHY (Structural, Cranial, Acupuncture)** - Moira Mulvey
07906 407 907 moira@mjmsteopathy.co.uk
- T** **OSTEOPATHY** - Peter Chierakul
07930 760 240 peter@theartofhealing.uk
- M T Th F** **OSTEOPATHY, FASCIAL ALIGNMENT, CLIN. SPORTS/MASSAGE, PILATES/YOGA, HEALTH ALIGNMENT COACH** - Tracy Elroy tracyelroy@hotmail.co.uk 07930 100 881
- BODY SPHERES OSTEOPATHY & PHYSIOTHERAPY** -
0333 800 8404 www.BodySpheres.com
- M T W Th F** **EXCELLENCE PHYSIOTHERAPY & OSTEOPATHY**
0207 125 0262
www.excellencephysiotherapy.com
- M** **PHYSIOTHERAPY, MYOFASCIAL & VISCERAL INDUCTION THERAPY, CRANIOSACRAL THERAPY** - Alessio Barone 07413 851 407 info@hito-physio.com
- T F** **PHYSIOTHERAPY** - Cassandra Lyall
020 7482 3875 cassandra@complete-physio.co.uk
- T Th** **PHYSIOTHERAPY** - Mike Aunger
07967 623 242 mike.aunger@techniquephysio.com
- T** **PHYSIOTHERAPY, PREVENTATIVE THERAPY, SPORT MASSAGE, ACUPRESSURE, NUTRITION** - Ryan Johnson 07399 635 486 rj@r3physiotherapy.com
- T** **ROLF METHOD OF STRUCTURAL INTEGRATION** - Anna Collins
07986 250 305 aloha@thepolishedonion.com



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

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



PHYSICAL THERAPIES

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

- W** **SPORTS & REMEDIAL MASSAGE, BOWEN TECHNIQUE** - Toni Platon
07709 416 161 toniplaton3000@gmail.com
- WS** **SPORTS MASSAGE, DEEP TISSUE MASSAGE, DRY NEEDLING** - Peter Dipple
07500 212 020 info@peterdipplemassage.com
- F** **VISCERAL MANIPULATION & SPORTS MASSAGE** - Graham Stones
07901 975 007 freedom@painfree-movement.com

TALKING THERAPIES

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

- F** **COUNSELLING, PSYCHOTHERAPY, LIFE COACH** - Neil Woolf
07980 404 867 woolf.neil@gmail.com
- TW** **HYPNOTHERAPY** - Benaifer Patell
07932 003 428 benaifer.patell@gmail.com
- M** **HYPNOTHERAPY/COACHING & THERAPEUTIC MASSAGE** - Rachael Hudson
07768 446 867 rachael@dochange.co.uk
- F** **HEALTH COACHING, MASSAGE, REIKI, NUTRITION** - Inka Oravcova
07936 641 786 inka@imneverbetter.com
- MTh** **INTEGRATIVE PSYCHOTHERAPY & HYPNOTHERAPY** - Kate Hogan
07590 679 311 kate@katehogan.co.uk
- W** **INTEGRATIVE PSYCHOTHERAPY** - Reena Shah
07527 233 793 reenashah.therapy@gmail.com
- WTh** **INTEGRATIVE PSYCHOTHERAPY & CRANIOSACRAL THERAPY** - Sara Browne
07927 904 433 sarabrowne@hotmail.co.uk
- Th** **NLP, REIKI** - Michael Kaufmann
07801 284 073 michael@nlp-reiki.co.uk

NUTRITION THERAPIES

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

- T** **HEALTH ALIGNMENT COACH, HOMEOPATHY, HERBS & CLIN. NUTRITION**
- Tracy Elroy 07930 100 881 (text) tracyelroy@hotmail.co.uk
- F** **NUTRITION, MASSAGE, REIKI, HEALTH COACHING** - Inka Oravcova
07936 641 786 inka@imneverbetter.com
- F** **NUTRITIONAL THERAPY, ALEXANDER TECHNIQUE** - Monique Stone
07980 570 968 moniquemstone@gmail.com
- T** **NUTRITIONAL THERAPY AND NUTRITION COACHING** - Ryre Cornish and Dana Chapman
07803 412 794 info@movenourishchange.com

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

ENERGY THERAPIES

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

- M** **ENERGY HEALING, CRANIOSACRAL THERAPY, PHYSIOTHERAPY, MYOFASCIAL & VISCERAL THERAPY** - Alessio Barone 07413 851 407 info@hito-physio.com
- F** **HOMEOPATHY, ACUPUNCTURE, FERTILITY, NATURAL FACELIFT, HERBS** - Shaila Karim
07870 813 287 shaila@naturalwayforward.co.uk
- T** **CRANIAL OSTEOPATHY & LACTATION CONSULTANT, HOMEOPATHY, HOLISTIC MASSAGE** - Tracy Elroy 07930 100 881 (text) tracyelroy@hotmail.co.uk
- M** **REIKI, LYMPHATIC DRAINAGE, DEEP TISSUE MASSAGE, ACUPUNCTURE**
- Giedre Babrauskiene 07972 705 733 mldtreatments@gmail.com
- F** **REIKI, MASSAGE, HEALTH COACHING, NUTRITION** - Inka Oravcova
07936 641 786 inka@imneverbetter.com
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