

AUTUMN 2018

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



LIGHT
CENTRE
MONUMENT

LONDON'S
LEADING
HOLISTIC
WELLBEING
CENTRE

YOGA • PILATES • **NEW! HOT YOGA**
THERAPIES • MASSAGE • NUTRITION • COACHING
COURSES • WORKSHOPS

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 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 **£45**
or **FREE** for
UHP members

Simply ask at reception
or call 020 7283 2846
to book your screening



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

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



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



**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



The Monument Light Centre is our newest and brightest centre, opened in 2017. It represents the next step in our desire to be a pioneer in the world of holistic health and wellbeing, hosting not just Yoga, Pilates and Meditation classes, but also an array of holistic therapies, workshops and courses.

Being an Osteopath and Naturopath, I believe that healthcare should be about prevention first and treatment second. The world is so full of physical, dietary and mental stresses, that the holistic services we offer are now more of a necessity than a luxury.

I would encourage everyone to adopt a 'self-nurturing' daily routine like Yoga, Pilates or Meditation, as an antidote to the stresses we endure. I would also encourage them to seek holistic solutions to their physical and mental problems, rather than the quick fixes of 'reactive' medicine. Finally, I would encourage them to seek out their potential as a human being, rather than be content with a life of coping and survival.

The Light Centre can be your home for all of these things. It is so much more than a one-dimensional health offering; it is a holistic emporium capable of taking you beyond the superficial to a deeper understanding of yourself and your life.

I invite you to explore its depths.

Mark Thompson D.O., N.D.
C.E.O. and Founder

Light Bites

If your yoga or pilates class leaves you feeling hungry, don't worry. We've got you covered. Every Light Centre has an in-house Crussh Cafe serving fab food as well as juices, coffees, snacks and more.



Their extensive range of 'Fit Food' is handmade daily in Crussh kitchens, and is designed to taste great, keep you fit and contribute to good health, whatever your diet.

CRUS2H
FIT FOOD • SMART COFFEE • RAW JUICES

Light on your feet



At the Light Centre we want you to be healthy all the way from your head to your toes. That's why we've teamed up with partners 21st Century Podiatry to help you show a little TLC to your tootsies.

By combining cutting edge technology with personalised service, 21CP are leading the way forward with non-invasive, safe and effective treatment with consistent results in all sorts of foot problems from fungal nail treatments to verrucas and warts to ingrown nails and more.

You can trust their professionals to can get you back on your feet as quickly as possible. Call 020 7867 3930 or visit www.21stpodiatry.co.uk for an appointment



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



A class for every body

MONDAY		VINYASA FLOW YOGA All Levels Robyn 7.15 - 8am	PILATES All levels Monika 8.00 - 8.45am	VINYASA FLOW YOGA All Levels Hermione 12.00 - 12.45pm	YOGA Levels 1-2 Androula 12.30 - 1.15pm	PILATES All levels Andrea 12.30 - 1.15pm	YIN YOGA All levels Patricia 1.15 - 2pm	PILATES 4 BACKS All levels Andrea 1.30 - 2.15pm		PILATES All levels Anna 5.30 - 6.15pm	YOGA FOR BETTER POSTURE All Levels Sybille 5.45 - 6.30pm	ASHTANGA YOGA All Levels Luiz 6.15 - 7.30pm	PREGNANCY YOGA All Levels Sybille 6.30 - 7.15pm	PILATES Level 1-2 Anna 7.30-8.30pm		
	TUESDAY	ASHTANGA YOGA MYSORE Self practice	VINYASA FLOW YOGA All Levels Alina 7.15 - 8am	VINYASA FLOW YOGA All Levels Alina 8.00 - 8.45am	YOGA All Levels Annabelle 12.00 - 12.45pm	PILATES All Levels Ana C 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Erin 12.45 - 1.30pm	PREGNANCY PILATES All Levels Ana C 1.15 - 2pm	ASHTANGA YOGA All Levels Luiz 1.30 - 2.15pm		VINYASA-FLOW YOGA All Levels Anja 5.30 - 6.30pm	PILATES BEGINNER COURSE 5.45 - 6.45pm SEE NEXT PAGE >	NEW PREGNANCY YOGA All Levels Anja 6.30 - 7.15pm	PILATES All levels Paulina 6.45 - 7.30pm	KUNDALINI YOGA & GONG All Levels Angad 7.15 - 8.30pm	VINYASA FLOW YOGA All Levels Austeja 7.30 - 8.30pm
		with Peter	VINYASA FLOW YOGA All Levels Youla 7.15 - 8am	PILATES All levels Irek 8.00 - 8.45am	VINYASA FLOW YOGA All Levels Hermione 12.00 - 12.45pm	YOGA Levels 1-2 Alina 12.30 - 1.15pm	PILATES All levels Irek 12.45 - 1.30pm	YOGA FOR BETTER POSTURE All levels Sybille 1.15 - 2pm	DYNAMIC PILATES All Levels Irek 1.30 - 2.15pm	PREGNANCY YOGA All Levels Anja 2.30 - 3.30pm	VINYASA FLOW YOGA All Levels Austeja 5.00 - 5.45pm	PILATES All Levels Michael 5.30 - 6.15pm	ASHTANGA YOGA All Levels Luiz 5.45 - 7.00pm	SLOW FLOW YOGA All Levels Ranjit 6.15 - 7.15pm	PILATES BEGINNER COURSE 7.00 - 8.00pm SEE NEXT PAGE >	YOGA BEGINNER COURSE 7.15 - 8.15pm SEE NEXT PAGE >
		Drop in anytime between 6 - 9am														
		Everyday Mon - Fri	PILATES All levels Irek 7.00 - 7.45am	VINYASA FLOW YOGA All Levels Raghibir 7.45 - 8.30am	VINYASA FLOW YOGA All Levels Anastasis 12.00 - 12.45pm	PILATES All levels Ana C 12.30 - 1.15pm	ROCKET YOGA All Levels Zoe 12.45 - 1.30pm	PILATES 4 BACKS All Levels Ana C 1.15 - 2pm	PREGNANCY YOGA All Levels Anja 1.30 - 2.15pm		PILATES All Levels Maide 5.30 - 6.15pm	VINYASA FLOW YOGA All Levels Frankie 5.45 - 6.45pm	SLOW FLOW YOGA All Levels Ranjit 6.15 - 7.15pm	YOGA BEGINNER COURSE 6.45 - 7.45pm SEE NEXT PAGE >	KUNDALINI YOGA & GONG All Levels Laura 7.15 - 8.30pm	
FRIDAY	VINYASA FLOW YOGA All Levels Youla 7.00 - 7.45am	PILATES All levels Irek 7.45 - 8.30am	YIN YOGA All levels Patricia 12.00 - 12.45pm	VINYASA FLOW YOGA All Levels Sophie 12.30 - 1.15pm	PREGNANCY PILATES All Levels Maide 12.45 - 1.30pm	VINYASA FLOW YOGA All Levels Youla 1.15 - 12.00pm	PILATES All Levels Maide 1.30 - 2.15pm		YIN YOGA All Levels Patricia 5.15 - 6.15pm	LOVING LIFE MEDITATION All Levels Jana 5.30 - 6.30pm	 <p>KUNDALINI IS HERE! Every Tuesday and Thursday at 7.15pm</p>					

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.

PILATES VARIATIONS

Pilates Increases strength and mobility leading to ease of movement. Improves circulation, boosting overall health and well being.

Dynamic Pilates tones and strengthens core areas using the stability roller and theraband. A fun class for experienced Pilates clients without back pain and injury.

Pilates 4 Backs Designed to strengthen the back by mobilising the spine and practicing and maintaining correct alignment.

Pregnancy Pilates Designed around the changing limitations/requirements of a developing pregnancy to provide a safe and effective workout for women in their 2nd and 3rd trimester.

PILATES EQUIPMENT STUDIO

Private Pilates Equipment training and Reformer classes available, 1:1 sessions £75, 2:1 sessions at £50 per person and group reformer classes at £25. See www.lightcentreonment.co.uk/pilates for teachers, timetable and more details.

Beginner Courses



NEW! Hot Yoga

LOOK OUT FOR TASTER CLASSES IN THE
LAST TWO WEEKS OF SEPTEMBER

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

Courses usually run for 6 or 5 weeks, one evening a week, and there's one starting every few weeks

YOGA

Yoga 6 week Beginners Course with Frankie Guarino £78
Thursdays 18:45-19:45 Starts 30 Aug to 4 Oct

Yoga 6 week Beginners Course with Ranjit Singh £78
Wednesdays 19:15-20:15 Starts 3 Oct to 7 Nov

Yoga 6 week Beginners Course with Frankie Guarino £78
Thursdays 18:45-19:45 Starts 11 Oct to 15 Nov

Yoga 6 week Beginners Course with Ranjit Singh £78
Wednesdays 19:15-20:15 Starts 14 Nov to 19 Dec

Yoga 5 Week Beginner Course with Frankie Guarino £65
Thursdays 18:45-19:45 Starts 22 Nov to 20 Dec

PILATES

Pilates 5 week Beginners Course with Michael Musch £65
Wednesdays 19:00-20:00 Starts 5 Sep to 3 Oct

Pilates 6 week Beginners Course with Paulina Rogalska £78
Tuesdays 17:45-18:45 Starts 2 Oct to 6 Nov

Pilates 6 week Beginners Course with Michael Musch £78
Wednesdays 19:00-20:00 Starts 10 Oct to 14 Nov

Pilates 6 week Beginners Course with Paulina Rogalska £78
Tuesdays 17:45-18:45 Starts 13 Nov to 18 Dec

Pilates 5 week Beginners Course with Michael Musch £65
Wednesdays 19:00-20:00 Starts 21 Nov to 19 Dec

A great way to get started

STARTING 1st OCTOBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MONDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
TUESDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
WEDNESDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
THURSDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 5.15-6pm	Vinyasa Flow 6.15-7pm
FRIDAY	Vinyasa Flow 7.00-7.45am	Vinyasa Flow 8.00-8.45am	Vinyasa Flow 12.15-1pm	Vinyasa Flow 1.15-2pm	Vinyasa Flow 4.30-5.15pm	Nurturing Flow Event 5.30-7.30pm

Vinyasa Flow: £12/£14 non-members

Nurturing Flow Event: £25

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

Our 45 minute signature Vinyasa Flow combines passive and active postures using your breath to deepen the experience both physically and mentally. Your instructor will guide you throughout the class working your body and calming your mind in equal measure.

Suitable for all levels

Nurturing Flow Event

Relax and unwind at the end of the week in this 2hr bliss-fest! In our lovely studio you will be guided gently through a slower flow, giving you time for reflection whilst nurturing mind and body

Ideal for beginners or anyone seeking nirvana at the end of a busy week!

Prices

Great value however you choose to pay

DROP-IN PRICES

You can enjoy Light Centre classes without a membership, simply pay the non-member drop-in prices below.

OR

Get a Membership Card* for only £20 a year and save £2 off every drop-in Class!

CLASS LENGTH	MEMBER PRICE*	NON-MEMBER PRICE
45 mins	£12	£14
60 mins	£12	£14
75 mins	£13	£15
90 mins	£14	£16
Mysore	£13	£15

You can **save even more** by adding Light Centre Credit to your membership card.

*Membership is £20 per year. Lost or replaced cards are £5. Membership can be used across all Light Centre locations. (Not valid for Courses or Workshops.)

NEW TO THE LIGHT CENTRE?

Try our fantastic
INTRO OFFER!

LIGHT CENTRE CREDIT

Top up your Membership card with Credit and save even more!

COST	YOU GET
£50	£55
£100	£115
£200	£240

Light Centre Credit can be used for all drop-in classes including Hot Yoga. Cannot be used for Courses and Workshops.

Light Centre Credit is non-refundable and non-transferable. Must be used within one year of purchase.

INTRO OFFER

2 weeks of classes for only £30

A great way to sample our classes and teachers.

This offer is for clients who are new to the centre and can be used for any of our mat classes, including Mysore and Hot Yoga.

The offer is valid for 2 full weeks (14 consecutive days) from the date of purchase and entitles you to attend 1 class per day. (excludes courses and workshops).

OUR BEST DEALS

ULTIMATE HEALTH PACKAGE

All the best of Light Centre for **only £85 a month***

- Attend unlimited mat and Hot Yoga classes at all our Centres**
- Annual Health Screening (worth £45)
- Access to your own Personal Health Advisor
- 15% off at our Crussh Cafes
- Special discounts from our therapy partners (see lightcentre.com for list of partners)
- Can cancel after 3 months with 1 month's written notice
- Not valid for Courses and Workshops.



*Minimum 3 month contract – rolling monthly thereafter.

**£10/m Bolt-on for Ashtanga Mysore classes.

Terms and conditions apply. Please see our website for full details or speak to us at reception.

MONTHLY PASS

Entry to all mat classes* for 30 consecutive days (including Mysore & Hot Yoga)

Only £110

Requires Light Centre membership at £20. Valid for 30 consecutive days from date of purchase.

The Monthly Pass is not valid for Courses or Workshops. It is non-refundable, non-transferable and cannot be suspended for any reason.

*Not valid for Reformer classes or courses.

Therapists



Helping you be the best version of you

PHYSICAL THERAPIES

M	ACUPUNCTURE - Davy Leung 07933 016 160 davy@longevityclinicuk.co.uk Mon: 2:30-8:30pm
W	ACUPUNCTURE - Yein Chin 07730 286 980 yein@wudou.co.uk Wed: 2:30-8:30pm
T	ACUPUNCTURE, DEEP TISSUE MASSAGE - Gabrielle Stephenson 0797 683 9461 gabrielle@bromptonacupuncture.com Tues: 2:30-8:30pm
Th	ACUPUNCTURE, FERTILITY MASSAGE - Silene Bricet 07944 623 533 silene@bricetacupuncture.co.uk Thurs: 8am-2pm
Th	ACUPUNCTURE, KINESIOLOGY - Paula Felgate 07810 845 950 paula@acupuncturegb.com Thurs: 2:30-8:30pm
Th	ACUPUNCTURE, MANUAL LYMPHATIC DRAINAGE, REIKI - Giedre Babrauskiene 07972 705 733 rejuvenationacupuncture@gmail.com Thurs: 2:30-8:30pm
F	ACUPUNCTURE, HOLISTIC NUTRITION - Michelle Adams 07851 478 832 michelle@thecloudgate.co.uk Fri: 2:30-8:30pm
M	ACUPUNCTURE, NUTRITION, AESTHETICS - Miriam Adebibe 07773 756 836 dmiriama@gmail.com Mon: 5:30-8:30pm
T	ANATOMY IN MOTION - Chris Sritharan 07932 650 937 chris@anatomyinmotion.co.uk Tues: 8am-2pm
M	AROMATHERAPY, ESSENIAN HEALING, REFLEXOLOGY, HOLISTIC MASSAGE - Antonello Brunetti 07593 693 334 info@pranavoices.com Mon: 2:30-8:30pm
Th	BIODYNAMIC MASSAGE, 1:1 YOGA - Emma Bond 07960 390 301 info@yogawithemmabond.com Thurs: 2:30-8:30pm
M	BODY-BASED SOLUTIONS, LIFE CHANGE COACH - Rachel Glendinning 07974081741 bloomwellbeing@gmail.com Mon: 2:30-8:30pm
F	COLONIC HYDROTHERAPY, FUNCTIONAL MEDICINE CERTIFIED COACH - Andrea Okos 07939 225 289 andrea@loveyourselfnow.co.uk www.andreaokos.com Fri: 8am-2pm
M T W Th F	FUNGAL NAIL TREATMENT - Karen Longwith 07921 588 087 info@eliminaser.co.uk Mon-Fri: 8am-8:30pm
Th	HYPNOBIRTHING, PREGNANCY MASSAGE, DOULA - Sabrina Thompson 07587 861 597 stanfordsabrina@gmail.com Thurs: 5:30-8:30pm
F	INDIAN HEAD MASSAGE, FACIAL MASSAGE - Asma Docrat 07956 655 110 asmadocrat@gmail.com Fri: 2:30-8:30pm
W	DEEP TISSUE MASSAGE, PREGNANCY MASSAGE - Annie Abbs 07910 276 603 annie@refresh-me-massage.com Wed: 2:30-8:30pm
M	DEEP TISSUE MASSAGE, PREGNANCY MASSAGE - Marine Lopez 07466 418 083 lpzmarine@hotmail.com Mon: 2:30-8:30pm

PHYSICAL THERAPIES

M W F	MASSAGE - Sergii Mazunin 07787 591 940 sergii.mazunin@gmail.com Mon: 2:30-8:30pm, Wed: 2:30-8:30pm, Fri: 11am-8:30pm
W	MASSAGE, YOGA 1:1 - Olya Generalova 07771 913 439 info@bodhiyogalondon.co.uk Wed: 2:30-8:30pm
Th	MASSAGE, BOWEN TECHNIQUE - Toni Platon 07709 416 161 toniplaton3000@gmail.com Thurs: 2:30-8:30pm
F	MASSAGE, DEEP TISSUE, SPORTS - Samantha Wisbey 07598 843 195 samantha.wisbey@ntlworld.com Fri: 8am-8:30pm
T	MASSAGE, REFLEXOLOGY - Monica Pineider 07595 378 108 info@atozentherapies.com Tues: 8am-2pm
W	MASSAGE, REIKI, OSTEOPATHY - Ivan Carasco 07501 929 509 info@sattvalondon.com Wed: 2:30-8:30pm
M	MASSAGE, SPORTS MASSAGE, HOT STONE MASSAGE - Majra Mallocci 07935 091 873 majramassagetherapist@gmail.com Mon: 11am-2pm
Th	MASSAGE THERAPY, ENERGY HEALING, KINESIOLOGY, REIKI, WOMEN'S HEALTH - Joanna Ciurkowska 07577 029 387 ciurkowskajanna@gmail.com Thurs: 8-2pm
F	SPORT MASSAGE THERAPY & MASSAGE THERAPY - Liz Marsland 07411 352 966 lizaspire@gmail.com Fri: 2:00-6:00pm
T	OSTEOPATHY - Amy Hope 07511 132 370 info@hopeosteopathy.co.uk Tues: 2:30-8:30pm
T Th	OSTEOPATHY - Eglantine Hallo 07891 574 248 eglantine_hallo@hotmail.co.uk Tues: 2:30-8:30pm, Thurs: 8am-5pm
T Th	OSTEOPATHY - Kieran Lowe 07970 178 027 Kieran@justonebody.com Tues 2:30-8:30pm, Thurs: 8am-8:30pm
F	OSTEOPATHY, SPORTS MASSAGE - Stuart Bishop 07521 275 802 stuart@squaremileosteopathy.com Fri: 8am-8:30pm
M W	OSTEOPATHY - Valeria Ferreira 07763 149 005 valferr@mac.com Mon: 2:15-5:15pm, Wed: 8am-2pm
M	OSTEOPATHY, MASSAGE - Harriet Johnson 07711 280 229 themonumentosteopath@gmail.com Mon: 2:30-8:30pm
T F	PHYSIOTHERAPY, SPORTS DEEP TISSUE MASSAGE - Sam Farquharson (Maitrinara) 07931 438 135 maitrinara@gmail.com www.london-osteo.co.uk Tues & Fri: 11am-2pm
W	REFLEXOLOGY, FERTILITY MASSAGE, ABDOMINAL SACRAL MASSAGE - Rima Shah 07947 359 838 info@calmandclear.co.uk Wed: 2:30-8:30pm

MORE THERAPISTS OVERLEAF >>

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.

KEY **M** Mondays **T** Tuesdays **W** Wednesdays **Th** Thursdays **F** Fridays

Therapists



PHYSICAL THERAPIES

- T** **ROLFING** - Aidan Treays
07808 352 584 aidantreays@me.com Tues: 5:30-8:30pm
- Th S** **SHIATSU MASSAGE** - Bev Breeze
07967 005 794 bev@bbreeze.com Thurs: 2:30-8:30pm, Sat: 10am-2pm
- W** **SLEEP SOLUTIONS, THAI YOGA or OIL MASSAGE, INDIAN HEAD MASSAGE** -
Patricia Creola 07872 161 314 patricia.creola@gmail.com
Wed: 2:30-5:30pm
- M** **THAI YOGA MASSAGE** - Elisabetta Marabotto
07540 306 670 elisabetta.marabotto@gmail.com Mon: 2:30-8:30pm

TALKING THERAPIES

- W** **COACHING, NLP** - Angela Belotti
07957 501 679 angela.belotti@btinternet.com Wed: 2:30-8:30pm
- Th F** **EMOTIONAL THERAPY, COUNSELLING** - Sally Thompson
07434 659 850 sally@emotionaltherapy.london
Thurs: 8am-2pm, Fri: 2:30-8:30pm
- T** **HYPNOTHERAPY** - Nicolas Michaelides
07989 418 887 nemichaelides@gmail.com Tues: 2:15-5:15pm
- F** **HYPNOTHERAPY, NLP, COACHING** - Jules Brinkley
078331 775 568 jules@julesbrinkley.com Fri: 2:15-5:15pm
- M** **LIFE CHANGE COACH, BODY BASED SOLUTIONS** - Rachel Glendinning
07974081741 bloomwellbeing@gmail.com Mon: 2:30-8:30pm
- M Th** **LIFE COACHING, CAREER CHANGE** - Siobhan Kangataran
07580 327 229 info@togetherfurther.org Mon: 2:30-8:30pm, Thurs: 2:30-8:30pm
- M** **MATCHMAKER, THETA HEALER PRACTITIONER** - Alex Vitillo
07833 661149 alex@breathingheart.co.uk Mon: 8am-11am
- F** **MEDITATION, COACHING, ENERGY MEDICINE** - Jana Krychtalkova
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- T Th** **RELATIONSHIP & ANXIETY THERAPY** - Isabelita Oliveira
07478 311 085 info@TalkRelationships.co.uk
Tues: 2:30-8:30pm, Thurs: 2:30-8:30pm
- F** **STRESS MANAGEMENT, THRIVE PROGRAMME, NUTRITIONAL THERAPY, REIKI** -
Lisa Burton 07903 923 186 healthwithdrlisa@gmail.com Fri: 8am-2pm
- W** **TRAVEL WELLNESS** - Christopher Babayode
07777 680 522 christopher@nojetstress.com Wed: 5:30-8:30pm











MORE THERAPISTS OVERLEAF >>

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


SIOBHÁN COSGRAVE
Herbalist + Naturopath

Take control of your health, vitality and happiness naturally

Conditions herbal medicine and naturopathy support but are not limited to include:

-  Stress, anxiety, depression
-  Sleeping disorders
-  Low energy & fatigue
-  Male & female fertility
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-  Menstrual irregularities
-  Hormone imbalances
-  Gastrointestinal complaints
-  Musculoskeletal issues
-  Autoimmunity & skin conditions

SPECIAL OFFER

Free 15-minute consultation/phone call to discover how herbal medicine and naturopathy can benefit you

1 hour initial consultation reduced from £65 to £25

Light Centre Monument
Tuesday 5.30pm – 8.30pm

www.siobhancosgrave.com hello@siobhancosgrave.com 07789 766 228

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BOOKINGS:

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E: info@alinabialek.co.uk

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Emotional and Physical Harmony**


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BY MICHELLE ADAMS

michelle@thecloudgate.co.uk
07850 478 832

Therapists



NUTRITION THERAPIES

- T** **HERBAL THERAPY** - Siobhan Cosgrave
07789 766 228 hello@siobhancosgrave.com Tues: 5:30-8:30pm
- W** **NATUROPATHY, HEALTH SCREENING** - Sybille Gebhardt
07765 627 134 sybille@sybille.co.uk Wed: 8am-2pm
- F** **HOLISTIC NUTRITION, ACUPUNCTURE** - Michelle Adams
07851 478 832 michelle@thecloudgate.co.uk Fri: 2:30-8:30pm
- M** **NUTRITION, ACUPUNCTURE, AESTHETICS** - Miriam Adebibe
07773 756 836 armiriama@gmail.com Mon: 5:30-8:30pm
- F** **NUTRITIONAL THERAPY, REIKI, STRESS MANAGEMENT, THRIVE PROGRAMME** - Lisa Burton
07903 923 186 healthwithdrisa@gmail.com Fri: 8am-2pm
- W** **TRAVEL WELLNESS** - Christopher Babayode
07777 680 522 christopher@nojetstress.com Wed: 5:30-8:30pm

ENERGY THERAPIES

- T** **ENERGY HEALING** - Sarah Moise
07756 493 963 SMoise24@gmail.com Tues: 2:30-8:30pm
- Th** **ENERGY HEALING, REIKI, KINESIOLOGY, MASSAGE THERAPY, WOMEN'S HEALTH** - Joanna Ciurkowska
07577029387 ciurkowskajoanna@gmail.com Thurs: 8-2pm
- M** **ESSENIAN HEALING, AROMATHERAPY, REFLEXOLOGY, HOLISTIC MASSAGE** - Antonello Brunetti
07593 693 334 info@pranavoice.com Mon: 2:30-8:30pm
- W** **REIKI, MASSAGE, OSTEOPATHY** - Ivan Carasco
07501 929 509 info@sattvalondon.com Wed: 2:30-8:30pm
- F** **MEDITATION, COACHING, ENERGY MEDICINE** - Jana Krychtalkova
07972 900 070 jana.haniel@gmail.com Fri: 6:30-9:30pm
- F** **MII CHII ENERGY THERAPY** - Simon George
simon@mii-chi.com Fri: 2:30-8:30pm
- Th** **REIKI, ACUPUNCTURE, MANUAL LYMPHATIC DRAINAGE** - Giedre Babrauskiene
07972 705 733 rejuvenationacupuncture@gmail.com Thurs: 2:30-8:30pm
- F** **REIKI, NUTRITIONAL THERAPY, STRESS MANAGEMENT, THRIVE PROGRAMME** - Lisa Burton
07903 923 186 healthwithdrisa@gmail.com Fri: 8am-2pm
- F** **REIKI** - Ness Dinger
07534 897 321 ness@lifemasteryhub.com Fri: 8-11am
- M** **THETA HEALER PRACTITIONER, MATCHMAKER** - Alex Vifillo
07833 661149 alex@breathingheart.co.uk Mon: 8-11am

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

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.**

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STARTS OCTOBER 2018