

# CURRENT PROGRAMME

## COMPLEMENTARY AND ALTERNATIVE THERAPIES

### MONDAY

MASSAGE	ISABEL	11:00-13:00
REFLEXOLOGY/FACIAL MASSAGE	ISABEL	14.30-17.30
ACUPUNCTURE	DVORAH	11:00-17:00
DEEP TISSUE MASSAGE	KERRI	11.00-14.00
HOLISTIC/INDIAN HEAD/AROMA/ DEEP/THAI/PREGNANCY MASSAGE	HELEN. A	2:00-5:00

### TUESDAY

DEEP TISSUE/INDIAN HEAD MASSAGE/REFLEXOLOGY	AMANDA	10.00-13.00
HOLISTIC & PREGNANCY MASSAGE AND SHIATSU	MYRIAM	10.00-5:00
WELL BEING MASSAGE REIKI/COACHING	KARI	12:00-19:00
HOMEOPATHY	IMOGEN	13.30-16.30
ACUPUNCTURE	DVORAH	13.30-19.00

### WEDNESDAY

WELL BEING MASSAGE REIKI/COACHING	KARI	10.00-13.00
WELLBEING MASSAGE	JESSIE	10:00-13:00
Aroma, holistic, pregnancy Massage	SARI	10.00-1.00
OSTEOPATHY	SUE	13.30-18.30
ALEXANDER TECHNIQUE	MICHAELA	13.30-20.00
NUTRITIONAL THERAPY	JULIET	13.30-16.30

### THURSDAY

DEEP TISSUE MASSAGE	KERRI	10.00-13.00
NATUROPATHY/CRANIOSACRAL	HANNAH	10.00-13.00
HOLISTIC&PREGNANCY MASSAGE AND SHIATSU	MYRIAM	17.00-20.00
LIFE COACHING	EMUA	17.00-20.00
AYUVEDIC HEAD NECK & ARM MASSAGE/REIKI/HOLISTIC HEALING	ROSINA	17.00-20.00

### FRIDAY

OSTEOPATHY	LOUISE	10.00-17.00
ACUPUNCTURE	HELEN	10.00-17.30
DEEP TISSUE MASSAGE	KERRI	13.30 - 16.30
SHIATSU	EDA	14.00 - 16.15

## CRECHE

<b>MONDAY</b>	10AM-1PM
<b>WEDNESDAY</b>	10AM-1PM
CRECHE COSTS £2 PER CHILD PER HOUR <b>PLACES MUST BE BOOKED IN ADVANCE</b> PLEASE CALL 02074822786 TO BOOK	

## CLASSES

### MONDAY

PREGNANCY EXERCISE	MYRIAM	2.00-3.00PM
CHI GUNG	MYRIAM	3.30-4.30PM
KUNDALINI YOGA	CHANDRA	7.00-8.30pm
Call Myriam b4 to book a place in her classes on 07799040848		

### TUESDAY

QI YOGA	CLAIRE	9.00-10.00
EAR ACUPUNCTURE WORKSHOP	RUTH	10.00-12.00

### WEDNESDAY

KUNDALINI YOGA	CHANDRA	10.00-11.30
WEIGHT MANAGMENT AND WELLBEING WORKSHOP		10.00-1.00

### THURSDAY

PILATES	MARIA	11:00-12:00
PREBOOK ON 07814619529 - 02075862296		
Cos £7 - £8 (small group)		
HATHA YOGA*	DIANA	6-7PM
BEGINNERS		7.10-8.10PM
<b>INTERMEDIATE</b>		

\*CALL 02072673230 FOR HATHA YOGA

COST FOR CLASSES		
CLASSES COST £7, £5 CONC		
HATHA YOGA COSTS £7.50, £7 CONC		
EAR ACUPUNCTURE COSTS £7, £5 CONC		
KUNDALINI YOGA COSTS £8, £6.50		

Membership meetings to join us or renew are on  
Tues & Weds at 1pm - 2pm. Book at Reception.