



LIGHT  
CENTRE  
MOORGATE

LONDON'S  
LEADING  
HOLISTIC  
WELLBEING  
CENTRE

SUMMER 2018

YOGA • PILATES • MINDFULNESS  
THERAPIES • MASSAGE • NUTRITION • COACHING  
CLASSES • COURSES • WORKSHOPS

[www.lightcentremoorgate.co.uk](http://www.lightcentremoorgate.co.uk)

020 7628 7780

# Classes Timetable

A class for every body



MONDAY	VINYASA FLOW YOGA All Levels Ivan 7.15 - 8am	VINYASA FLOW YOGA All Levels Alicja 8 - 8.45am	VINYASA FLOW YOGA All Levels Alessandra 11 - 12.30pm	PILATES All Levels Ana 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Alessandra 12.45 - 1.30pm	DYNAMIC PILATES All Levels Ana 1.15 - 2pm	RESTORATIVE YOGA All Levels Nicole 1.30 - 2.15pm	VINYASA FLOW YOGA All Levels Tom 2 - 2.45pm	PILATES All levels Clare 5.30 - 6.15pm	YOGA Level 1-2 Alina 5.45 - 7pm	PILATES COURSE 6 week Beginner Clare 6.15 - 7.15pm	YOGA COURSE 6 week Beginner Alina 7.15 - 8.15pm	ASHTANGA YOGA All Levels Peter 7.15 - 8.30pm	
TUESDAY	ASHTANGA YOGA MYSORE Self practice All Levels Youla 7 - 8am	VINYASA FLOW YOGA All Levels Youla 8 - 8.45am	PILATES 4 BACKS All Levels Anna B 12 - 12.45pm	PILATES All Levels Clare 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Androula 12.45 - 1.30pm	PREGNANCY YOGA All Levels Maisie 1.15 - 2pm	NEW KUNDALINI YOGA EXPRESS Sivaroshan 1.30 - 2.15pm	PILATES Level 1-2 Irek 2 - 2.45pm	NEW YOGA HAND-STANDS Guillermo 2.15 - 3pm	VINYASA FLOW YOGA All Levels Dorothea 5.30 - 6.15pm	PREGNANCY PILATES All levels Anna B 5.30 - 6.15pm	YOGA COURSE 6week Beginner Lex 6.15 - 7.15pm	PILATES All Levels Anna B 6.15 - 7pm	YOGA All Levels Lex 7.15 - 8.30pm
WEDNESDAY	with Rachel or Adam Drop in anytime between 6 - 9am VINYASA FLOW YOGA All Levels Donna 7.15 - 8am	VINYASA FLOW YOGA All Levels John 8 - 8.45am	VINYASA FLOW YOGA All Levels Anastasis 11 - 11.45pm	PILATES All levels Tori 12.30 - 1.15pm	YOGA All Levels Ranjit 12.30 - 1.15pm	STRENGTHENING PILATES Tori 1.15 - 2pm	VINYASA FLOW YOGA All Levels John 1.15 - 2pm	YOGA Level 1-2 Youla 2 - 2.45pm	PREGNANCY YOGA All Levels Fleur 5.30 - 6.15pm	PILATES COURSE 6 week Beginner Anna B 5.45 - 6.45pm	VINYASA FLOW YOGA All Levels Dorothea 6.15 - 7.15pm	PILATES All Levels Anna B 6.45 - 7.30pm	ASHTANGA YOGA Luiz 7.15 - 8.30pm	NEW YOGA INVERSIONS All Levels Anastasis 7.30 - 8.15pm
THURSDAY	Mon - Fri VINYASA FLOW YOGA All Levels Tom 7 - 8am	VINYASA FLOW YOGA All Levels Tom 8 - 8.45am	NEW TAI CHI / CHI KUNG All Levels Belinda 11 - 12pm	VINYASA FLOW YOGA All Levels Dorothea 12 - 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 FOR BETTER POSTURE Guillermo 1.30 - 2.15pm	VINYASA FLOW YOGA All Levels Nikki 2 - 2.45pm	PREGNANCY PILATES All levels Ana 5.30 - 6.15pm	VINYASA FLOW YOGA All Levels Androula 5.45 - 7pm	PILATES All levels Ana 6.15 - 7pm	ASHTANGA YOGA All Levels Peter S 7 - 8.30pm	NEW KUNDALINI YOGA & GONG Ashley 7 - 8.30pm
FRIDAY	VINYASA FLOW YOGA All Levels John 7 - 8am	VINYASA FLOW YOGA All Levels John 8 - 8.45am	PILATES All levels Anna B 12 - 12.45pm	YOGA All Levels Nicole 12.30 - 1.15pm	VINYASA FLOW YOGA All Levels Androula 12.45 - 1.30pm	PILATES All Levels Anna B 1.15 - 2pm	ASHTANGA YOGA All Levels Peter S 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

**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

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

**The Light Centre** hosts around 30 pilates mat classes a week ranging from beginner courses to more advanced classes.

## PILATES VARIATIONS

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

**Dynamic Pilates** will tone and strengthen core areas using the stability roller and theraband. This is a fun class for experienced Pilates

clients without back pain and injury.

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

# PILATES REFORMER STUDIO TIMETABLE

## SUMMER 2018

MONDAY							
			<b>REFORMER</b> Level 1-2 <b>Tori</b> 1.15 - 2pm		<b>REFORMER</b> Level 1-2 <b>Ana</b> 5.45 - 6.30pm	<b>REFORMER 8 WEEK BEGINNER COURSE</b> <b>Ana</b> 6.30 - 7.15pm	<b>REFORMER</b> Level 1-2 <b>Ana</b> 7.15 - 8pm
TUESDAY	<b>REFORMER</b> Level 1 <b>Irek</b> 7 - 7.45am	<b>REFORMER</b> Level 1-2 <b>Irek</b> 7.45 - 8.30am	<b>REFORMER</b> Level 1-2 <b>Irek</b> 12.30 - 1.15pm	<b>REFORMER</b> Level 1-2 <b>Irek</b> 1.15 - 2pm	<b>REFORMER</b> Level 1-2 <b>Clare</b> 5.30 - 6.15pm	<b>REFORMER SPORT SPECIFIC 8 WEEK COURSE</b> <b>Clare</b> 6.15 - 7pm	
	<b>REFORMER</b> Level 1-2 <b>Clare</b> 7.30 - 8.15am	<b>REFORMER</b> Levels 1-2 <b>Clare</b> 12.30 - 1.15pm	<b>REFORMER PREGNANCY</b> All Levels <b>Clare</b> 1.15 - 2pm	<b>LEVEL 2 REFORMER 8 WEEK COURSE</b> <b>Ana</b> 2 - 2.45pm	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 5.45 - 6.30pm	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 6.30 - 7.15pm	<b>REFORMER</b> Level 1 <b>Ana</b> 7.15 - 8pm
WEDNESDAY		<b>PILATES REFORMER</b> Levels 1-2 <b>Melanie</b> 12.30 - 1.15pm	<b>PILATES REFORMER</b> Levels 1-2 <b>Melanie</b> 1.15 - 2pm		<b>REFORMER</b> Level 1-2 <b>Irek</b> 5.30 - 6.15pm	<b>REFORMER 8 WEEK BEGINNER COURSE</b> <b>Irek</b> 6.15 - 7pm	
THURSDAY							
FRIDAY		<b>REFORMER</b> Levels 1-2 <b>Ana</b> 8 - 8.45am	<b>REFORMER</b> Levels 1-2 <b>Ana</b> 12.30 - 1.15pm	<b>REFORMER</b> Levels 1-2 <b>Anastasis</b> 1.15 - 2pm		<b>REFORMER</b> Levels 1-2 <b>Anna B</b> 5.30 - 6.15pm	<b>REFORMER</b> Levels 1-2 <b>Anna B</b> 6.15 - 7pm

# PRIVATE 1:1 AND GROUP PILATES EQUIPMENT SESSIONS

MONDAY	<b>TORI NORRIS</b> 07950 487 005 8am - 2pm £65 / 60min 	<b>ANA CARVALHO</b> 07735 577 047 2 - 5.30pm £75 / £60 members 	
	<b>IREK BIALEK</b> 07841 405 746 9.15 - 11:30am £65 / 60min 	<b>CLARE SHERIDAN</b> 07784 268 438 2 - 4:30pm £70 / 60min 	
<b>CLARE SHERIDAN</b> 07784 268 438 8.15 - 12pm £70 / 60min 	<b>ANA CARVALHO</b> 07735 577 047 2.45 - 5.45pm £75 / £60 members 		
<b>MELANIE BRAAM</b> 07553 319 098 8am - 12:30pm £70 / 60min 	<b>IREK BIALEK</b> 07841 405 746 2 - 5:30pm £65 / 60min 		
<b>ANA CARVALHO</b> 07735 577 047 8.30am - 12.30pm £75 / £60 members 	<b>ANNA BIELA</b> 07861 743 003 2pm - 8pm £75 / 60min 		
FRIDAY			

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.

TO BOOK,  
CALL INSTRUCTORS  
DIRECTLY

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](http://www.lightcentremoorgate.co.uk).

# 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
PILATES REFORMER	PILATES REFORMER	PILATES REFORMER
Drop-in	£22	£24
5 Class Pass	£105	-
10 Class Pass	£200	-

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.)

## 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 except 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.

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

### MONTHLY PASS

**Entry to all mat classes\* for 30 days (including Mysore) 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.

### ULTIMATE HEALTH PACKAGE

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

- Attend unlimited mat 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](http://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.



# Therapists



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

## PHYSICAL THERAPIES

- T** **CHIROPRACTIC THE MCTIMONEY WAY** - Andrew Hunter  
07855 916 602 a.c.hunter@me.com Tues: 8-2pm
- T W** **OSTEOPATHY** - Annabelle Loras 07979 905 204 annabelle@london-osteo.co.uk  
www.london-osteo.co.uk Tues: 2:15-8:15pm, Wed: 8-2pm
- M T F** **OSTEOPATHY & PHYSIOTHERAPY** - Body Spheres  
0333 800 8404 info@bodyspheres.com www.bodyspheres.com  
Mon: 8-2pm, Tues: 8-2pm, Fri: 8am-8pm
- T** **OSTEOPATHY** (Structural Cranial, Acupuncture) - Damien Harcourt  
07793 084 394 damienharcourt@gmail.com www.thecityosteopath.co.uk  
Tues: 2:15-8:15pm
- Th** **OSTEOPATHY MASSAGE** - Marvin Blake 07446 893 045  
info@marvinblake.com www.marvinblake.com Thurs: 2:15-8:15pm
- F** **OSTEOPATHY** (Structural, Cranial, Acupuncture) -  
Moira Mulvey £70/45min 07906 407 907 moira@mjmsteopathy.co.uk  
www.moorgateosteopath.co.uk Fri: 8-2pm
- M** **OSTEOPATHY** - Peter Chierakul 07930 760 240  
peter@theartofhealing.uk www.theartofhealing.uk Mon: 8am-8pm
- T** **OSTEOPATHY, MASSAGE & FUNCTIONAL MEDICINE** (Pain, Prevention,  
Performance, Posture, Pregnancy) - Tracy Eroy 07930 100 881 (text please)  
tracyeroy@icloud.com www.thebodybalanceclinic.net Tues: 8-2pm
- T F** **PHYSIOTHERAPY** - Complete Physio - Cassandra Lyall 020 7482 3875  
cassandra@complete-physio.co.uk www.complete-physio.co.uk  
Tues: 8-2pm, Fri: 2:15-8:15pm
- T** **PHYSIOTHERAPY** - The Body Mechanics - Dave Emsley  
07575 066 974 info@thebodymechanic.co.uk Tues: 8-2pm
- M W Th F** **PHYSIOTHERAPY & OSTEOPATHY** - Excellence Physiotherapy 0207 125 0262  
info@londonhomevisitphysiotherapy.com  
Mon: 11am-8pm, Wed: 8am-8pm, Thur: 8am-8pm, Fri: 2:15-8:15pm
- T Th** **PHYSIOTHERAPY** - Technique Physio - Mike Aunger 07967 623 242  
mike.aunger@techniquephysio.com Tues: 8-2pm, Thur: 2:15-8:15pm
- T** **ROLF METHOD OF STRUCTURAL INTEGRATION** - Anna Collins 07986 250 305  
aloha@thepolishedonion.com www.thepolishedonion.com Tues: 2:15-8:15pm
- W** **DEEP TISSUE, REMEDIAL & PREGNANCY MASSAGE** - Anja Woszczyzna 07940 562  
813 info@yogawithanja.co.uk www.yogawithanja.co.uk Wed: 11-2pm
- T** **DEEP TISSUE MASSAGE, YOGA BODYWORK, LOMI LOMI, PREGNANCY, NATURAL  
FACELIFT, HOT STONE** - Aristeia Zougri 07873391200  
info@altheamassage.co.uk www.altheamassage.co.uk Tues: 8-2pm
- F** **VISCERAL MANIPULATION** - Missing Link Back Pain Solutions - Graham Stones  
07901 975007 grahamstones@mac.com www.brokenyogi.com Fri: 8-2pm

## PHYSICAL THERAPIES

- W F** **DEEP TISSUE, SPORTS & REMEDIAL MASSAGE** - Irek Bialek 07841 405 746  
irek@massageinmoorgate.co.uk www.massageinmoorgate.co.uk  
Wed: 2:15-8:15pm, Fri: 11-2pm
- T F** **DEEP TISSUE, ACTIVE RELEASE TECHNIQUE** - Mick McCleary  
07957 050 931 mick@bodywallnorthshore.com  
www.bodywallnorthshore.com Tues: 2:15-8:15pm, Fri: 2:15-8:15pm
- M T** **DEEP TISSUE, SPORTS & REMEDIAL MASSAGE, MYOFASCIAL RELEASE, OSTEOPATHY** -  
Mike O'Connor 07545 968 342 mike@myofascial-bodywork.com  
www.myofascial-bodywork.com Mon: 8am-8pm, Tues: 2:15-8:15pm
- F** **DEEP TISSUE, THERAPEUTIC MASSAGE, COUNSELLING/PSYCHOTHERAPY** -  
Neil Woolf 07980 404 867 woolf.neil@gmail.com  
www.neilwoolfcounselling.co.uk Fri: 2:15-8:15pm
- Th** **FACIAL REJUVENATION, REFLEXOLOGY, PREGNANCY, FERTILITY** - Rima Shah  
07947 359 838 info@calmandclear.co.uk www.calmandclear.co.uk  
Thur: 2:15-8:15
- W** **SPORTS & REMEDIAL MASSAGE, BOWEN TECHNIQUE** - Toni Platon  
07709 416 161 toniplaton3000@gmail.com Wed: 8-2pm
- M** **DEEP TISSUE, HOT STONE, SPORTS MASSAGE, PREGNANCY, SHIATSU** -  
Tonoko Hoggard 0785 5957 349 (text first) meisenclinic@gmail.com  
meisenmassage.co.uk Mon: 2:15-8:15pm
- W** **ENVIRON FACIALS, THERAPEUTIC MASSAGE, WAXING, NUTRITION** -  
Yoko Kurokawa 07946 735 878 info@royka.co.uk www.royka.co.uk  
Wed: 2:15-8:15pm
- W F** **ACUPUNCTURE, DEEP TISSUE MASSAGE, PREGNANCY** - Gabrielle Stephenson  
0797 683 9461 gabrielle@bromptonacupuncture.com  
www.bromptonacupuncture.com Wed: 2:15-8:15pm, Fri: 8-2pm
- M** **ACUPUNCTURE, REIKI, LYMPHATIC DRAINAGE, DEEP TISSUE MASSAGE** -  
Giedre Babrauskiene 07972 705 733 mldtreatments@gmail.com  
www.shenyiacupuncture.com Mon: 8am-8pm
- Th** **ACUPUNCTURE** - Kelly Millington 07733 263 239  
kelly@kellymillington.co.uk www.kellymillington.co.uk Thur: 8-2pm
- T W Th F** **ACUPUNCTURE, KINESIOLOGY** - Paula Felgate 07810 845 950  
paula@acupuncture.gb.com www.paulafelgate.com  
Tues: 2:15-8:15pm, Wed: 2:15-8:15pm, Thur: 8-2pm, Fri: 8-11am
- W Th** **ACUPUNCTURE, DEEP TISSUE, PREGNANCY MASSAGE, REFLEXOLOGY** -  
Sarah Elcome 07947 533 877 sarah@ammatherapy.co.uk  
www.ammatherapy.co.uk Wed: 8-2pm, Thur: 8-2pm
- Th** **REIKI** - Michael Kaufman 07801 284 073 michael@reiki-meditation.co.uk  
www.reiki-meditation.co.uk Thur: 2:15-8:15pm

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

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.**

# Therapists



## PHYSICAL THERAPIES

- M** **HOMEOPATHY, SHAMANIC HEALING, CEASE THERAPY** - Lakis Chrysanthou  
07949169188 Mon: 2:15-8:15pm
- Th** **HEALTH SCREENING / NATUROPATHY / WOMEN'S HEALTH** - Paula Myrie  
020 7628 7780 info@simplyhealthclinic.co.uk www.simplyhealthclinic.co.uk  
Thur: 8-2pm
- F** **HOMEOPATHY, ACUPUNCTURE** - Shaila Karim 07870 813 287  
www.naturalwayforward.co.uk Fri: 5:15-8:15pm
- M** **THERAPEUTIC MASSAGE / HYPNOTHERAPY/COACHING** - Rachael Hudson  
07768 446 867 rachael@dochange.co.uk or info@RAHCoaching.co.uk  
www.dochange.co.uk www.rahcoaching.co.uk Mon: 2:15-8:15pm
- WTh** **CRANIOSACRAL THERAPY, INTEGRATIVE PSYCHOTHERAPY** - Sara Browne  
07927 904 433 sarabrowne@hotmail.co.uk www.sarabrownetherapy.co.uk  
Wed: 2:15-8:15, Thur: 8-2pm
- M T W Th F** **CHIROPODY / PODIATRY** - Feet By Pody 020 7099 6657  
booking@feetbypody.com www.feetbypody.com Mon-Fri 8am-7pm

## TALKING THERAPIES

- F** **COUNSELLING/PSYCHOTHERAPY, MASSAGE** - Neil Woolf 07980 404 867  
woolf.neil@gmail.com www.neilwoolfcounselling.co.uk Fri: 2:15-8:15pm
- F** **NUTRITIONAL THERAPY, ALEXANDER TECHNIQUE** - Monique Stone 07980 507 968  
moniquemstone@gmail.com www.holistic-care.co.uk Fri: 8-2pm
- WF** **SOLUTION FOCUSED HYPNOTHERAPY & PSYCHOTHERAPY** - Alina Bialek  
07725 521 804 info@alinabialek.co.uk www.alinabialek.co.uk  
Wed: 8-11am, Fri: 8am-8pm
- T** **HYPNOTHERAPY** - Benaifer Patell 07932 003 428  
benaifer.patell@gmail.com www.zest2change.com Tue: 2:15-8:15pm
- MTh** **HYPNOTHERAPY** - Kate Hogan 07590 679 311 kate@katehogan.co.uk  
www.katehogan.co.uk Mon: 8-2pm, Thur: 2:15-8:15pm
- W** **COGNITIVE HYPNOTHERAPY** - Laurie Harvey 07907 813 466  
laurie@laurieharvey.co.uk www.laurieharvey.co.uk Wed: 2:15-8:15pm
- M** **HYPNOTHERAPY/COACHING/THERAPEUTIC MASSAGE** - Rachael Hudson  
07768 446 867 rachael@dochange.co.uk or info@RAHCoaching.co.uk  
www.dochange.co.uk www.rahcoaching.co.uk Mon: 2:15-8:15pm
- W** **INTEGRATIVE PSYCHOTHERAPY** - Reena Shah 07527 233 793  
reenashah.therapy@gmail.com www.reenashah.co.uk Wed: 8-2pm
- WTh** **INTEGRATIVE PSYCHOTHERAPY, CRANIOSACRAL THERAPY** - Sara Browne  
07927 904 433 sarabrowne@hotmail.co.uk www.sarabrownetherapy.co.uk  
Wed: 2:15-8:15, Thur: 8-2pm

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

There's so much more to Light Centre Moorgate



THE FOOT SPECIALISTS

CRUS2H

FIT FOOD ♥ SMART COFFEE ♥ RAW JUICE

LOOKING AFTER ALL  
YOUR NUTRITION NEEDS



PERSONAL FITNESS  
PROGRAMMES BASED  
ON SCIENCE

## HOLISTIC HEALTH SCREENING

Book  
Now

**FREE**  
for UHP  
members



**Test for over 100 health markers**  
including Blood Pressure, BMI,  
Cholesterol, HDL Levels, Lung  
Function and more.

## HIRE US

The Light Centre  
has 6 beautiful  
STUDIOS for  
hire at our 3  
centres, which  
are suitable for a  
variety of events



## WORK FROM HERE



The Light Centre  
has 26 fully  
equipped &  
spacious THERAPY  
ROOMS for hire at  
our three lovely  
centres in  
Central London

Visit [LightCentre.com](http://LightCentre.com) for full details

# Courses



# Mindfulness

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

**Yoga 6 week Beginners Course** with Alina Bialek £78  
Mondays 19:15-20:15 Starts 6 Aug to 17 Sept

**Yoga 6 week Beginners Course** with Lex Ananias £78  
Tuesdays 18:15-19:15 Starts 7 Aug to 11 Sept

**Yoga 7 week Beginners Course** with Lex Ananias £91  
Tuesdays 18:15-19:15 Starts 18 Sept to 30 Oct

**Yoga 6 week Beginners Course** with Alina Bialek £78  
Mondays 19:15 - 20:15 Starts 24 Sept to 29 Oct

## PILATES

**Pilates 6 week Beginners Course** with Clare Sheridan £78  
Mondays 18:15-19:15 Starts 6 Aug (or 24 Sept)

**Pilates 6 week Beginners Course** with Anna Biela £78  
Wednesdays 17:45-18:45 Starts 8 Aug (or 19 Sept)

**Pilates 7 week Beginners Course** with Anna Biela £91  
Wednesdays 17:45-18:45 Starts 19 Sept to 31 Oct

## PILATES REFORMER

**Pilates Equipment Sports Specific 8 week Course** with Clare Sheridan £176  
Tuesdays 18:15-19:00 Starts 3 July to 21 Aug

**Pilates Reformer 8 week Beginners Course** with Ana Carvalho £176  
Mondays 18:30-19:15 Starts 13 Aug to 8 Oct

**Pilates Reformer 8 week Level 2 Course** with Ana Carvalho £176  
Wednesdays 14:00-14:45 Starts 22 Aug to 10 Oct

**Pilates Reformer 8 week Beginners Course** with Irek Bialek £176  
Thursdays 18:15-19:00 Starts 23 Aug to 11 Oct

**Pilates Equipment Sports Specific 8 week Course** with Clare Sheridan £176  
Tuesdays 18:15-19:00 Starts 28 Aug to 16 Oct



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**Course facilitator:** Paul Christelis (MA Clin Psych)



Paul Christelis (MA Clin Psych) has worked as a clinical psychologist, psychotherapist, clinical supervisor, writer, group facilitator and teacher for twenty years. As a co-director of School of Moments, he is dedicated to helping people to be more present in their lives, in their relationships, work and with themselves.

He's currently completing his MSc in Mindfulness-based Applications at Bangor University, Wales.



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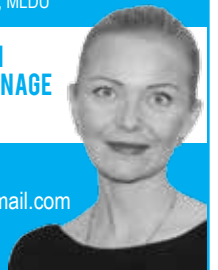
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