



SUNDAY, 6th March 2016



TREATMENTS ON OFFER

| TREATMENT | COSTS |
|---|---|
| Access Consciousness With Richard Tobin Try to a taster session of: <ul style="list-style-type: none"> • Access Consciousness Bars • Access Consciousness Body Processes • Access Consciousness Symphony Sessions. | Sessions of 30 minutes OR 60 minutes: 30 mins for only £25 60 minutes for only £50 |
| Back, Neck & Shoulder Massage With Bhavini Dattani | Mini Treatments: 15 minutes for only £10 30 minutes for only £20 |
| Indian Head Massage With Bhavini Dattani OR Ronit Gerber | Mini Treatments: 15 minutes for only £10 30 minutes for only £20 |
| Reflexology With Bhavini Dattani OR Ronit Gerber | Mini Treatments: 15 minutes for only £10 30 minutes for only £20 |
| One To One Mini KiDoBe Session <i>(Short Functional Integration Lessons)</i> With Petra Margolis | FREE 15 minute taster sessions |

THERAPISTS ON HAND TO SPEAK TO

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|---|---|
| Clinic Owner, Reflexologist & Coach Ronit Gerber | FREE On hand to speak to throughout the day |
| Naturopathic Doctor Aliyyaa Sping-Charles | FREE On hand to speak to throughout the day |
| Psychotherapist Tali Lernau | FREE Available for an hour or two after her talk. |
| Weight Loss, Personal Change Expert & Author Janet Thompson | FREE On hand to speak to throughout the day |



Natural Gateway Clinic
 Complementary Medical Centre





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TALKS & WORKSHOPS TO ENJOY

| TIME | SPEAKER | DETAILS ABOUT THE TALK/WORKSHOP |
|--|-----------------------|--|
| 12:30-1:15pm Talk Duration 45 minutes | Tali Lernau | <p>How Is Psychotherapy Different From Talking To Your Friends Or Family?</p> <p>In this talk Tali will highlight how psychotherapy can help you work through whatever is bothering you or standing in your way of living the life you want the way you want it, to support you in making a change and feeling better. Tali will explain why psychotherapy is different from talking to your friends or family and explore the different psychotherapeutic approaches with a special focus on her integrative approach. She will also cover how psychotherapy works, who it can help and what you can expect to happen.</p> <p><i>After her talk Tali will be available to speak to throughout the day.</i></p> |
| 1:15-1:45pm Talk Duration 30 minutes | Aliyyaa Sping-Charles | <p>Natural Allergy Remedies.</p> <p><i>Discover Your Secret Garden Healers</i></p> <p>*MORE INFO TO FOLLOW*</p> <p><i>After her talk Aliyyaa will be available to speak to throughout the day.</i></p> |
| 1:45-2:30pm Class/Talk Duration 45 minutes | Petra Margolis | <p>A 45 minute KiDoBe class.</p> <p>Focusing On: Awareness Through Movement</p> <p><i>Incorporating an introduction from Petra, the Creator of KiDoBe</i></p> <p>This is your chance to try out a lesson of KiDoBe, and incredibly relaxing and enjoyable class in which Petra will expertly guides you through a series of slow, gentle movements that focus on how your skeleton and the movements of the joints naturally function.</p> <p><i>After her talk Petra is offering FREE mini, one to one KiDoBe sessions.</i></p> |
| 2:30-3:15pm Talk Duration 45 minutes | Janet Thomson | <p>The Placebo Diet.</p> <p>In this informative talk Best Selling author and TV expert Janet Thomson will teach you how to use your mind to transform your body, so that you can change how you think and feel about food, and yourself, for good.</p> <p><i>After her talk Janet will be available to speak to throughout the day.</i></p> |
| 3:15-4:00pm Talk Duration 45 minutes | Aliyyaa Sping-Charles | <p>Quick & Easy Detox Recipes</p> <p><i>When & How to Detox With Demo</i></p> <p>*MORE INFO TO FOLLOW*</p> <p><i>After her talk Aliyyaa will be available to speak to throughout the day.</i></p> |
| ON STANDBY | Ronit Gerber | How To Stay Positive When Things Are Going Wrong. |



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