



**Four Massage Treatments and two online /
phone guided meditation or rehabilitation
and mobilisation classes**



or 6 online sessions if not able to attend in person
for people with mental health needs, registered with a GP in

K&C, Queens Park or Paddington



Every: 2nd Tuesday of the month 10:30-2:00pm

Every: 4th Thursday of the month 10:30-2:00pm.

at

Westbourne Grove Church, Westbourne Grove W11 2RW

Group Online/Phone sessions by arrangement

Seated or Indian Head Massage

fully clothed

based on Chinese Acupressure, it incorporates gentle movements and pressure, to areas of the head, neck, shoulders, back, arms and hands. The client sits in a special massage chair and remains

Jyorei (*Available in addition to your 6 treatments*)

Jyorei is a therapy, similar to Reiki, and like Reiki also founded in Japan, it relaxes whilst balancing mind and body. No physical contact occurs. The person receiving Jyorei may experience a sensation of tranquillity and well-being.

Reflexology: *foot or hand massage,*

Reflexology is based on specific techniques to stimulate "reflex points" on the feet and/or hands. Through this, reflexology induces deep mental and physical relaxation.

Guided Meditation by phone

learn and practice meditation. discuss and share ideas and insights in a supportive group setting

Online Rehabilitation & Mobilisation

Self-help rehabilitation work for pain and to improve range of movement.

To Self-refer or Refer someone you care for: please complete the referral form online at:

<https://communitylivingwell.co.uk/wellbeing-services-referral-form/>

or SMS or leave a voicemail with CML on: 07544 108 406 / 07790 115 491

Please email; **teresa@communitymassagelondon.co.uk** for further information

All clients may receive 4 treatments, 2 online/phone sessions PLUS Jyorei

or 6 online sessions if not able

to attend In person

