



**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](mailto: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**

