

Holding Space TOGETHER

A day
of care,
connection &
wellbeing

This event has been funded by the Westway Trust



Sunday
14th June



10:30am –
2:30pm



Lancaster West
Resource Centre
Whitchurch Road, W11 1WG

SESSIONS AVAILABLE



SEATED MASSAGE

Massage for head, neck, shoulders,
back, arms and hands.
Fully clothed – Must book



SHIATSU

Fully clothed massage lying on a mat
using acupressure, stretches
and mobilisation.



REFLEXOLOGY

Techniques that stimulate "reflex points"
on the feet and/or hand.



AURICULAR (EAR) ACUPUNCTURE

Uses points on your ear to help
stimulate natural healing.
Must book



BOOKING INFORMATION

Please book all massage and acupuncture sessions
To book text Teresa **07791 115 491** or
email teresa@communitymassagelondon.org.uk,
giving your full name, preferred treatment
your preferred half hour slot starting from 10:30.
Some sessions may be available on the day for drop ins.

MAKING LAVENDER BAGS

DROP IN

Make your own
calming lavender bag
to take home



Take time for yourself.
Connect. Recharge.
We hold space
– together.

