

# ALO CLINIC NEWSLETTER

Welcome to the **December edition** of A.L.O Clinic's newsletter. We offer a range of therapies and treatments to satisfy your individual needs. ALO Clinic Team would like to extend our best regards for Happy Holidays and the best of Health!

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Does the stress of shopping, the bustling crowds or the pressure to create the perfect family experience stop you from truly enjoying the festive season? Would you like to be able to create your own oasis of calm no matter what is going on around you?

We can't change the realities of life – most of us have to work, maintain relationships, and go through the day with any number of things that are out of our control. But it is possible to stay centered and relaxed even if your train is late, the photocopier packs up, you forget your purse or scratch the car. Sound too good to be true? Let me introduce you to Autogenic Training.

Autogenic Training (AT) is a powerful relaxation technique that reduces the intensity of the body's stress response and replaces it with a calmer state that is more conducive to self-healing. By practicing six simple mental exercises you will take back control over your health and increase your confidence, concentration and self-esteem, plus improve

your quality of sleep. You'll also benefit from greater resilience to the physical and emotional upsets that are part of life for everyone.

AT courses are taught over eight to ten weeks in hour-long individual sessions - group courses will typically last an hour and a half. Each week you will learn a new exercise and go through a series of offloading techniques to help release strong or difficult emotions. You will leave the rooms lighter and more positive about every aspect of your life.

If you feel tired, stressed, unhealthy or unmotivated, give yourself the gift of relaxation this Christmas by booking an AT course. It won't stop your Auntie Mavis inviting the bowls team to your Christmas lunch, or the butcher running out of turkeys on Christmas eve, but it will help you deal more calmly and happily with whatever life throws at you. You have nothing to lose but your stress – guaranteed improvement after the first session of your money back!



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## \*\*\*Christmas special offers\*\*\*

Treat yourself or a loved one with a course of AT, reflexology, or both! Prices below:

### **AT individual course:**

10 sessions: 9 weekly session + follow up session

Usual price: £850

Special offer: £750

### **AT + reflexology:**

10 AT sessions +3 reflexology treatments

Usual price: £1000

Special offer: £890

### **Reflexology Package:**

1 treatment: £65

3 treatments: £180

6 treatments: £330

### **Try before you buy:**

Autogenic Training Taster sessions are available for £60.

For your printable voucher please e-mail [tekla@autogenictraining.org](mailto:tekla@autogenictraining.org) or call 07706931404

For more information on Autogenic Training please visit

[www.autogenictraining.org](http://www.autogenictraining.org)

For more information on Reflexology please visit

[www.artofrelaxation.org/reflexology](http://www.artofrelaxation.org/reflexology)



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### Festive greetings to one and all!

This can be a busy time of year with many people preparing for Christmas, buying presents, and attending more social events. Are you feeling the pressure? Stressed, tired or anxious? Wracking your brains about what presents to buy? Why not treat yourself or your loved ones to acupuncture? Acupuncture can help you to feel more relaxed, positive, invigorated, and revitalised. We have a special offer during the month of December where you can receive your first consultation for only £85, or book a package of 4 follow-up sessions for only £280. So, whether you are considering

acupuncture for the first time, haven't had treatment for a while, or are continuing with regular sessions, now is the time to contact us. We can also provide gift vouchers, which make very original presents.

Andrea is qualified in bodywork massage and Verity has been trained in tui na massage. If suitable for you, these are often incorporated into your acupuncture treatment. Cupping may also be used, especially if you have pain and stiffness in your back and shoulders.

Please see our website [www.harleystreetacupuncture.co.uk](http://www.harleystreetacupuncture.co.uk) for further information on acupuncture. Andrea can be contacted by phone on 07500 555297 or by e-mailing [andrea@harleystreetacupuncture.co.uk](mailto:andrea@harleystreetacupuncture.co.uk). Verity can be contacted by phone on 07789 087577 or by e-mailing [verity@harleystreetacupuncture.co.uk](mailto:verity@harleystreetacupuncture.co.uk).



Do you suffer from migraine type headaches? Verity is currently looking for people that would like acupuncture to help with their migraines, and who would be willing to have their experiences of acupuncture featured on the website. Please contact her if this applies to you.

We look forward to seeing you at the clinic.



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### Therapies we offer at ALO Clinic



Physiotherapy  
Acupuncture  
Autogenic Training  
Reflexology  
Sports Medicine  
Osteopathy  
Lymph drainage  
Podiatry  
Naturopathy



Please call reception at 02076368845 for more information and booking.



A.L.O Clinic  
20 Harley Street  
London, W1G 8QW  
Tel: 020 7636 8845  
Fax: 020 7637 4281  
[www.aloclinic.com](http://www.aloclinic.com)

We look forward to a wonderful new year bringing you more information and latest news of the clinic.

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