



St Pancras Physiotherapy & Pilates Clinic

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NEWSLETTER

Issue No. 2, Christmas

January 2010

Happy New Year from us all!

With the winter months drawing in, the team at St Pancras Physio would like to wish you all a very Merry Christmas and a healthy, happy 2010! We have survived our first year, which is no mean feat as, understandably, this year has been a financially difficult time for many people and small businesses. Therefore, we would like to say a 'Big' thank you to all our client's for their support over the past 12 months and the warm welcome we have received into the local community. We had many clients participate in both the Flora London marathon and the recent New York marathon with thousands of pounds raised for charity. So, all that Pilates paid off! During the last year time we have taken on board much of your feedback and are proud to have extended our opening hours and started our new online booking feature. As always, we are open to new suggestions so please do let us know!

With the clinic growing all the time, we hope to continue it's success, over the coming year. We have a brand new, expanded class timetable for 2010, so there's even more opportunity to squeeze it into your New Year schedule!

Focus On: Pilates for back pain

Pilates is a form of core strengthening for the deep stability muscles that was designed originally for dancers but over the last few years has been adapted to suit everybody, with particular success in alleviating neck and back pain.

A series of conditioning exercises, it helps to teach awareness of movement habits that that may stress the spine, and helps you change these habits to those that preserve neutral alignment. Strengthening the deep abdominal muscles support the spinal discs and normalises muscle tension, as well as toning the lower tummy and thighs! The exercises in our Pilates classes are both mentally and physically challenging but are good fun, too.



So, whether you are a triathlete aiming to prevent injury, an expectant mum or a headache sufferer needing an easier life, our classes are all physio led, so you're in good hands! they run early bird, lunch-time and evening most days, so why not use your free voucher below to give it a try!

Meet our new additions!

With a growing team, we are delighted to welcome Liz Morgans. Liz trained at the University of Birmingham and has a special interest in lower limb injuries. Prior to joining the team at St Pancras Physio Clinic, Liz worked at the Royal Orthopedic hospital in Birmingham she will see individual clients for Physiotherapy on Mondays, Wednesdays, Thursdays and will be teaching Pilates. Kemila has had a healthy baby boy at the end of October, and will be returning to work in march 2010. So all her clients will be pleased to see her return!



Inside this issue:

Merry Christmas and a Happy New Year!	1
Focus on: Pilates for back pain injury	1
Meet our new additions	1
Gift voucher	1
Insight into: Acupuncture	2
Did you know...	2
New Class Timetable	2

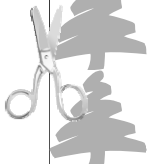
St Pancras Physiotherapy & Pilates Clinic offers:

- Chartered Physiotherapy
- Osteopathy
- Acupuncture
- Remedial massage
- Reflexology
- Pilates
- Yoga



One FREE Yoga or Pilates class

*Just bring this voucher to claim. One per person. Expires Feb 20th 2010



Did you know..?

We offer one to one Yoga classes. It's £40 a session for one hour with one of our team of yoga instructors. Some people prefer to do an individual lesson before they join a group class, but that's only personal preference! We also run corporate classes if you prefer to have a class just for your office.

Book now at reception!



Quick fire facts about Acupuncture

- Acupuncture has been used in the Far East to restore, promote and maintain good health for over **2,500** years.!
- The first needles were made from stone, and then later from bronze, gold and silver.
- There has been a steady increase in the number of professionally trained acupuncturists in the UK, from just a handful of qualified practitioners in the 1970s to over 2,800 registered with the British Acupuncture Council. 3 of our Physiotherapists at St Pancras Physio Clinic have post graduate qualifications.
- It is of great benefit in alleviating headaches and cervical tension.
- One way that acupuncture is thought to aid pain relieve is by interrupting pain signals carried by nerves to the brain and therefore reducing pain.
- Physios will often use acupuncture in a physiotherapy session if they feel a specific injury would benefit from this type of treatment, either on its own, or in conjunction with traditional physiotherapy.
- There is no extra cost if acupuncture is included in the treatment with us.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8-8.45am Early bird Pilates Starts Jan		8-8.45am Early Bird Pilates All levels Liz	11-12pm Ante-natal Pilates TBC	10-11am Yoga class TBC
5.30-6.30pm Iyengar Yoga All levels Sarah	12:30-1:30 Pilates All levels Susannah	12.30-1.30pm Hatha Yoga All levels Elisabeth	12-1pm Unavailable (corporate booking)	12.30-1.30pm Pilates All levels Susannah	11-12pm Pilates (Started November 2009)
6.30-7.30pm Pilates All levels Eudelyn	6-7pm Pilates All Levels Susannah	6-7pm Pilates All levels Eleanor	1-2pm Pilates All levels Liz		
7.30-8.30pm Pilates Liz	7-8.15pm Yoga Freddie	7-8pm Pilates Eleanor	6-7pm Iyengar Yoga Sarah		
			7-8pm Pilates or Yoga	5.45-6.45pm Yoga with Freddie Starts Jan 2010	

NEW CLASSES

Thank you for all your suggestions for new classes that you would like to see on the New Year timetable.

We have tried to accommodate the most common time demands. The sessions written in **BLUE** on the timetable are possible new class times, if there is enough demand.

Do let reception know if you'd like to attend, so we can get them started!

We've already had a lot of interest for Saturday Pilates so that has just started at 11am-12pm every Saturday....!

Book online at:
www.stpancrasphysio.co.uk



Did you know that you can now book online? www.stpancrasphysio.co.uk

Email www.stpancrasphysio@aol.com, Tel: 0207 833 2388

Open Monday-Friday 8am-8pm and Saturday 10am-4pm