

OUR THERAPY CENTRE IS HAVING AN OPEN DAY

When? **Sunday September 6th**

What time? **12.30 – 4 pm**

Where? **Ullet Road Eco Offices,
125a Ullet Road, Liverpool L17,
2AB** (door on right)

What's on? Free taster sessions and informal consultations with therapists, live owls Murray, Idris and Mango from therapeutic organisation hack-back.org.uk, children's entertainer

Lucy Fiori, and yoga sessions from Planet Yoga at 2 and 3 pm – first come first served for these. Also regular 'Eco Building' tours showing some of the technologies and products used in the refurbishment. Families welcome.

How to get here? Buses 60 75 80 stop on Ullet Road while 76 86 86A and 86D stop on Smithdown Road just around the corner. Bike racks at back. Car parking is available on nearby Lathbury Lane and Greenbank Drive. Please do not park outside the building on the open day.



The Eco Office project transformed a disused medical centre in the Sefton Park conservation area into the kind of low carbon building we need to be working and living in for the sake of our planet. Despite increasing its size and converting part for residential use, it achieved an 82% reduction in bought energy - 46% through insulation and air-tightness measures, and 36% from taking power and heat from the sun and air. It has now returned to its roots as a wellness centre, aiming to heal individuals as well as the planet.

Acupuncture Advanced clinical massage Aromatherapy Bereavement counselling Body scrub Coaching & mentoring Cognitive Behavioural Therapy Colonic massage Counselling Craniosacral therapy Deep tissue massage Emotional Freedom Technique Expressive arts therapy Eye Movement Desensitisation Family and Relationship therapy Grief therapy Healing portrait therapy Holistic Facials Holistic Therapy training workshops Hopi candles Hot stones Indian Head massage Interpersonal psychotherapy Law of Attraction coaching Mindfulness MLD Myofascial Release No hands massage Nutrition and weight management Oriental Body Balancing Holistic pedicure Post Traumatic Stress counselling Pregnancy massage Psychodynamics Psychotherapy Reflexology Reiki Reiki training Reprocessing Therapy Solution Focussed Therapy Sports massage Stress management coaching Stress reduction Structural Integration Tapping Thai and Thai herbal massage Theta healing Trigger Point therapy Visceral manipulation ...

Ever wondered what any of these actually do?

Ever wondered if a holistic therapist could help you with your arthritis, back or neck pain, dodgy knee, frozen shoulder, bodily tension, sciatica or sports and feet injuries ...?

Ever wondered if a psychotherapist or counsellor could help you with your anger, anxiety, addictions, career development, depression, grief, insomnia, relationship problems, unhelpful beliefs or self-image ...?

Ever wondered if acupuncture could help you with a range of physical and psychological conditions, addictions and post traumatic stress ...?

At the Ullet Road Eco Offices we have a number of therapists all fully qualified and insured who would be only too happy to help.

www.ullet-eco.co.uk