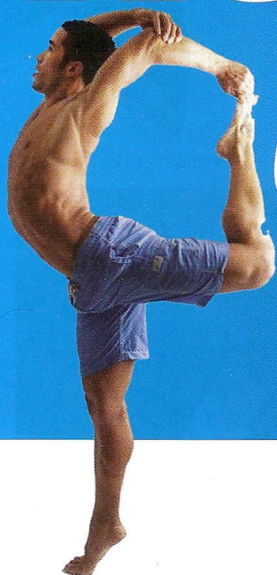


# Healthy performance



Perform at your best -  
*In Life and on Stage*

**BACK TO BASICS** – Many treatments and therapies for fitness and health have spun out to create inventive and innovative products and services, but there is no ignoring the fact that the SPINE is the catalyst for many ailments. If your back is not in good working order, your voice, posture and breathing are affected and your over-all well-being suffers. We have found a quick, effective and economical way to re-align and find postural freedom, expansive breath and vocal harmony – there is a great place to pop into in London's West End.  
[Myheadspace.co.uk](http://Myheadspace.co.uk)

The treatment uses stretching, massage and acupuncture - together with soothing electro-magnetic heat waves to bring your back into perfect harmony - you can feel a difference after just one session, or to treat deeper problems you may want to book a course.

Therapist John Philbin has a background in holistic therapy and is a member of the British Acupuncture Council. He uses acupuncture to treat chronic pain, stress related illness and fertility issues. But when it comes to pain he finds that the best results come with a combination treatment.

**The service is highly professional yet informal and relaxed -**

Myheadspace treatment room is in the heart of theatre-land and you may just hear The English National

Opera rehearsing next door. There is a thorough medical assessment first and the treatment will be tailored to suit your specific needs. Other services on offer here include - cupping, massage and aromatherapy. Check out the Total Body Release for a truly deep relaxation experience.

More details can be found at [www.myheadspace.co.uk](http://www.myheadspace.co.uk)

If you quote THEATRE AND PERFORMANCE GUIDE AND GURU - **you will receive a 50% discount on your first combination treatment, that's £30 including consultation, and £10 off your second.** Myheadspace, 8 Hop Gardens, London WC2N 4EA. Telephone 07769 660173.

**YOGA FOR BEAUTY: DAWN AND DUSK - Try these amazing yoga programmes available on DVD - the routines are as easy or as challenging as you want them to be.**

And it's only 30 minutes duration, and even with this low commitment you'll get effective results. Both DVD's include exercises to increase blood-flow and flexibility – which makes you look and feel great. The best way to purchase is through RainbeauMars.com on the shop page. Here is the link:

[www.rainbeaumars.com](http://www.rainbeaumars.com)

[www.davidkirschwellness.com](http://www.davidkirschwellness.com)

We love this range of products available by the revolutionary Fitness and health Guru David Kirsch – included in the range is a unique vitamin and mineral mixture which dissolves to give you an optimum range of the finest supplements all in one pouch.

Also available are Protein bars and a brilliant range of pro-biotics to get your stomach, digestion and immune system in perfect working order!

naturaljourneys™

## YOGA

for beauty  
with rainbeau mars

dusk

- 52 ways to relax and relieve tension
- Detoxify body with cleansing poses
- Healing yoga and breathing exercises

PRESENTED IN NORMAL AND WIDESCREEN