

Patrick Holford BSc, DipION, FBANT, NTCRP. Patrick Holford's interest in psychology and consciousness led him into the field of nutrition and mental health. In the '80s he founded the Institute for Optimum Nutrition in London (Europe's leading training centre for nutritional therapists), and he has since written 36 books available in 25 languages. He is founder of the Food for the Brain Foundation, which has helped define what optimum nutrition is for mental health. Widely regarded as Britain's best-selling author and leading spokesman on nutrition and mental health issues, his books include the major bestseller Optimum Nutrition Bible, Low-GL Diet Bible, Food is Better Medicine than Drugs and The Secrets of 100% Healthy People. Patrick is frequently involved in government campaigns and debates and has been invited to the House of Commons, House of Lords and the Food Standards Agency as an expert in optimum nutrition.

Lorraine Perretta, Nutritional Therapist DipION mBANT CNHC, was part of the founding team behind the Brain Bio Centre clinic over 11 years ago, where she specialises in the nutritional management of mental health conditions. Lorraine trained at the Institute for Optimum Nutrition and is author of the book Brain Food.

Caterina Hadjilias teaches Shadow Yoga, a school of Hatha Yoga. Since 1996, she has been privileged to learn directly with ZHANDER REMETE (founder of Shadow Yoga and Nrtta Sadhana) and EMMA BALNAVES, and she continues to study regularly with them worldwide. Caterina was first introduced to Hatha Yoga in 1980. In 1994 she qualified as an Iyengar teacher and taught at the Maida Vale institute, in London, till 2000 when she resigned and decided to teach only Shadow Yoga, which she practices daily. She has been teaching in London for 21 years and she holds workshops in Athens. Her interests include the study of ayurvedic medicine and the esoteric and healing arts of the East. For more info on Caterina please visit her website: www.yogaangarupamarga.com. For more info on Shadow Yoga please visit: www.shadowyoga.com.

Frank Horstmann is German from Celle in Germany. He owns and runs his own aromatherapy practice called "Frank&Sense". Since March 2000, he is a freelance therapist at the "Laboratory Spa and Health Club" in Hendon specialising in holistic aromatherapy/remedial massage/LaStone Massage/Indian Head Massage/Hopi Ear Candles and Sports Massage. His candles and diffusers are sold in health clubs and health stores.

Iiona Khalili is a professional Architect with an interest in Human Architecture, which is designed to create an environment of peace and spirituality. This led to her learning the practice of Hatha Yoga and Reiki as a student. In 2004 she and her husband were awarded the Aga Khan prize for Architecture in recognition of their work in "Emergency Sandbag Shelter and Eco-Villages". Her growing interest in all aspects of 'Human Architecture' led to her learning Laughter Yoga as a healing and community-building practice and she holds a Certificate of Teaching Competence.'

Leonidas Mezilis was born at the bottom of Olympus mountain 48 years ago. He studied journalism with Liana Kaneli and briefly worked for ERT before he entered `VEAKI DRAMA SCHOOL` in Athens. After he graduated, he studied dance (Jerome Andrews technique) and choreography with Ersie Pittas. Under her guidance, he danced his First solo as Prometheus Bound at Princeton University in World premiere of `The Touch Of Zeus` based on Iannis Xenakis` music `La Legend D` Eer`. He also performed the same role in London and at the `National Theatre Of Nothern Greece` during `Iannis Xenakis` festival at his presence. He then worked for the `NATIONAL THEATRE OF GREECE` as choreographer and actor/dancer, performing for the Epidaurus festival several times. On top of this, he attended many workshops in contemporary dance, butoh and flamenco. In the NEW millennium, he came in Britain where he obtained a diploma in dance and choreography at Laban Centre London followed by a Pilates certificate at `The Place`, a Yoga one at Yogafarm in Cornwall and finally, a holistic massage certificate with the `College of Holistic Massage UK`. Since then, Leonidas is teaching all of the above disciplines in colleges and holistic centres across London, focusing on quality of movement, plus alignment and release of one`s potential.

Sarah Rosenfield has taught Pilates since 2002. As well as presenting workshops and organizing Pilates holidays worldwide, she teaches one-to-one in her London Studio. She has featured widely in the national media and is known to be passionate about the vital importance of correct technique.



HELLENIC CENTRE WELL-BEING DAY

SATURDAY 14 JUNE 2014

The Hellenic Centre Fundraising Committee
warmly invites you to a

Well-Being Day

A stimulating and varied programme of activities to include:

- Talks on Nutrition and Mental Health
by nutritionists Patrick Holford and Lorraine Perretta
- Yoga Sessions (Hatha, Restorative and Laughter)
- Pilates
- Self Healing
- Head & Shoulder Massage
- Opportunity to obtain Health Products, Books and Information

The highly qualified and experienced group of speakers and trainers have all generously donated their time and expertise so that all proceeds may support the Hellenic Centre

Participation for whole day at £55 or half day at £35

All charges to include a nutritious lunch

Refreshments available throughout the day

TIMETABLE*

9.45am - 10am	Registration Check-in for those attending the whole day or the morning session	
10am - 1pm	MORNING SESSION	
10am - 11am	Tune Up the Brain Nutrition talk by Lorraine Perretta	Friends Room, Ground Floor
10am-12.30pm 15 min slots	Head & Shoulder Massage by Franks Horstmann	Balcony, Ground Floor
10.15am - 11.30am	Hatha Yoga with Catherine Hadjilias	Great Hall, Lower Ground Floor
11am - 12 noon	1-to-1 Mini Nutrition Consultations with Lorraine Perretta	Friends Room, Ground Floor
11am - 12 noon	Laughter Yoga with Illiona Khalili	Members Room, Ground Floor
11.45am - 1pm	Self-Healing & Dynamic Alignment with Leonidas Mezilis	Great Hall, Lower Ground Floor
12 noon - 1pm	Nutrition and Depression Talk by Lorraine Perretta	Friends Room, Ground Floor
12 noon - 1pm	Pilates with Sarah Rosenfield	Great Hall, Lower Ground Floor
12.45am - 1pm	Registration Check-in for those attending the afternoon session	
1pm - 2pm	LUNCH	Bar, Ground Floor
2pm - 5pm	AFTERNOON SESSION	
2pm - 3pm	Dementia and Alzheimer's Talk by Patrick Holford	Friends Room, Ground Floor
2pm-4.30pm 15 min slots	Head & Shoulder Massage by Franks Horstmann	Balcony, Ground Floor
2pm - 3pm	Restorative Yoga with Leonidas Mezilis	Great Hall, Lower Ground Floor
3pm - 4pm	1-to-1 Mini Nutrition Consultations with Patrick Holford	Friends Room, Ground Floor
3pm - 4pm	Laughter Yoga with Iliona Khalili	Members Room, Ground Floor
3pm - 4.15pm	Hatha Yoga with Catherine Hadjilias	Great Hall, Lower Ground Floor
4pm - 5pm	Addiction and Nutrition Talk by Patrick Holford	Friends Room, Ground Floor
4.15pm - 5pm	Pilates with Sarah Rosenfield	Great Hall, Lower Ground Floor
Teas and Coffees available throughout the day in the Bar		

- Bring your own mat if you have one
- Wear comfortable clothing

In the interests of all participants and as a courtesy to our presenters we ask your co-operation in time-keeping

* Programme subject to change if unforeseen circumstances arise

The Hellenic Centre excludes to the fullest extent allowed by law any liability for injury to any person or for loss or damage to any property. Some services will be provided by independent suppliers for whom the Hellenic Centre has no responsibility

BOOK EARLY TO AVOID DISAPPOINTMENT

Tickets

£55 for whole day session & lunch (10am-5pm)
£35 for morning or afternoon session & lunch (10am-2pm or 1pm-5pm)

Tickets must be booked and paid for by Monday 9 June 2014

The following stalls will be available with items for sale and information:

- Room infusers and candles by Frank & Sense
- Literature by Food for the Brain and Brain Bio Centre
- Nutrients and Books by Natural Wellbeing
- Organic Olive Oil and Honey by Liquid Gold Products



BRAIN BIO CENTRE

Natural Wellbeing



BOOKING FORM

Well-Being Day - Saturday 14 June 2014

I wish to attend (please tick relevant box)

- Whole Day Session & Lunch (10am-5pm) Morning Session & Lunch (10am-2pm) Lunch & Afternoon Session (1pm-5pm)

Please reserve me tickets(s) at £55 each and/or ticket(s) at £35 each

PAYMENT

- Cheque** payable to The Hellenic Centre for £..... is enclosed
- Credit/Debit Card** - Please call the Hellenic Centre Office on 020 7487 5060 to make payment

No booking is guaranteed unless full payment is received by **Monday 9 June 2014**

Name:

E-mail:

Telephone:

Address:

Please complete and return with your payment by to
The Hellenic Centre, 16-18 Paddington Street, Marylebone, London W1U 5AS