



The Georgian House WellBeing Centre

Balance for your body and mind

Soft Tissue
Therapy

Exercise
Studio

Osteopathy

Cold Laser
Therapy

Nutrition

Life &
Well-being
Coaching

Hair & Beauty

WellBeing
Retreats

a Collaboration of various WellBeing Disciplines under a mutually beneficial Centre of Excellence to promote optimal human health and function that brings balance to the body and mind.



for more information and to BOOK ONLINE please visit
georgianhousewellbeing.co.uk/book-online



The Georgian House
WellBeing Centre
Balance for your body and mind

6 week **Exercise Class** sets
currently on offer

African Dance
with Restoring Health Ltd

Mondays 7:30 pm
Tuesdays 9:00 am & 10:15 am

Love Your Core
with Restoring Health Ltd

Wednesdays 9:30 am & 10:45 am

Body Sculpting
with Restoring Health Ltd

Thursdays 6:00 pm

Yoga

with The Nourished Body

Mondays 9:30 am & 10:45am

for queries please contact

exercise@restoring-health.co.uk