

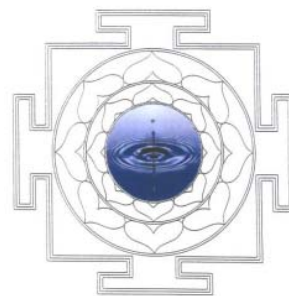
Health Awareness & De-Stress Day (Charity Fundraising Event)



Registered UK Charity
No. 1080268



NKT - IKBU
Shantideva Centre - Reading
UK Charity No. 1050321



Registered UK Charity
No. 1091469

Treatments provided on the day will be:

**MASSAGES: INDIAN HEAD; THAI YOGA; THAI FOOT;
REFLEXOLOGY; SEATED ACUPRESSURE; BACK, NECK AND
SHOULDER; SPORTS AND LAVA SHELL**

Other treatments include:

NEALS YARD FACIAL AND REIKI

**Come along and enjoy a 30 minute
treatment for a minimum £10 donation**

**SATURDAY 11TH FEBRUARY 2012
10.00am to 4.00pm**

EARLY BOOKING ADVISABLE BUT NOT ESSENTIAL
For an appointment telephone: **07702 895201** or **01189 585551**



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