



Living Well North Tyneside

Supporting Health and Wellbeing

Hi, I'm Karl Jeffery, I'm a reflexologist and meditation teacher.

I specialise in helping people to feel better, so they can live happier lives.

As a reflexologist I help my clients to relax and rebalance their body and mind, and to activate the natural healing abilities of their bodies. As a meditation teacher, I help people learn how to meditate for relaxation, wellbeing, and spiritual growth.

When the body is relaxed and the mind is calm, (either through reflexology or meditation) it creates a beautiful state of balance and homeostasis where our natural healing powers can thrive - and this can help us to restore balance and harmony; physically, mentally, emotionally, and spiritually.

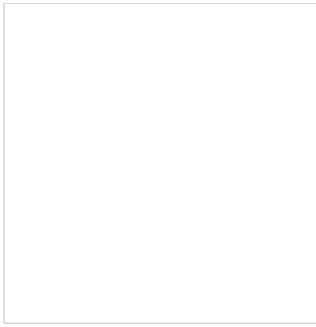
So, whether its helping you with a health condition or a wellbeing issue that's affecting your life in some way, or helping you to feel more deeply relaxed and revitalised, to reducing stress, improving your sleep, or to feeling a deeper sense of inner peace and tranquility - I'm here for you.

I'm a fully qualified reflexologist, and a full member of the Association of Reflexologists. I'm also registered with the NHS as a reflexologist. I work from my own treatment room in Forest Hall (not far from the Rising Sun Country Park) in Newcastle upon Tyne.

I offer reflexology as a complementary health therapy to support you with any health or wellbeing issues you may be experiencing. It's a deeply relaxing treatment to have which can help to re-balance the body and mind, making it an enjoyable and beneficial therapy to receive.


I'm also an experienced meditation teacher, and I've been making meditation easy to learn, and enjoyable to do for thousands of clients since 2015.

Reach out to me if you've got any questions, or if you think I can help in any way. I look forward to helping you however I can.




07555 705390


karl@karljeffery.co.uk


17 Elsdon Drive,
Forest Hall,
Newcastle Upon Tyne
NE12 9RH


<https://www.karljeffery.co.uk>

Last Updated - 13th August 2024



Services

Reflexology

Meditation

Things to do

No Activities

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally



Enter your email

Subscribe Now



© 2024 Living Well North Tyneside | Web Design: Indigo Newcastle