

Chapter 1 : Home | The Light Center

The Light Centre Monument is conveniently situated in the heart of the City Of London at 36 St Mary at Hill, just off Eastcheap/Great Tower Street.

This article is part of an ongoing series on the business of Thai Massage. For more ideas on building the ultimate Thai Massage business please check out other articles I have written. You can find them here, here and here. Click here to read Part 1 In this series of articles we are addressing ways to excite and revive your client list to help increase the frequency your clients rebook with you. At the heart of building a successful Thai Massage business we should set out to find clients who have a real need for your service. Once you have found those clients, it is then all about showing you care and delivering amazing service. It is about getting to know your clients and working on refining and improving how well you communicate with them. The more you can treat each client as an individual – treating him or her as the amazing person that they are while delivering an outstanding massage where they can feel the tangible benefits- the more they will book with you. In a world where our clients have so many choices, while having limited funds and time, it is important to know that giving an amazing massage is not always enough. As such from our perspective, those little extras and going the extra mile can mean so much. To help in the process of getting to know your current and past clients and to help renew communications, in the last post I suggested sending out a survey. Now it is time take a look at what to do with the results! I suggested 4 reasons that your clients are not coming in as often as they or you would like: I would think of this as a doctor or a dentist. My suggestion would be to contact them every month or two. Going forward I would also suggest making it a policy of talking to your first time clients about this service that you offer and you only do it for those who opt in. You can either write or phone your clients and lead with the following – Thank you for taking the time to answer my survey. I am always looking for the best ways to help you and your health. Your role here is to train and remind them on the importance of massage to take better care of their body. Many people are hesitant to send too many newsletters to their clients. I understand that and I can be like that as well. At the same time, when you treat it as though you are having a conversation with your clients and are sending content that people find valuable then they are more likely to open the newsletter. Just think about it, I am sure there are some newsletters, alerts, or even websites that you visit or read regularly because you enjoy their presence in your life. Well if you can provide good, useful information then you can have that relationship with your clients. There are many angles you can take in crafting this content. Here are a few ideas: Meditation or even write about the different kinds of meditation, or tai chi, or yoga etc. Just focus on one idea at a time. A paragraph or two might be all that you need. Secondly with many of these topics, you could make it a video instead of written. As such you would make a 2 or 3 minute video which would hopefully take you only a few minutes to get done. Then once in a while – perhaps every 4 or 5 mail outs- you can be more direct and talk about booking your next session. At that point your clients are more likely to act and the reasons are many. One reason is that your message is getting through so they realize they need to get massaged more often. The key here is that I am suggesting emailing quite often: For those clients, one thing to keep in mind is that as long as they remain on your newsletter list that they are still clients. It is certainly possible that they may just as easily change their mind and become more active down the road. What you might also try with these clients is to send them a birthday wish and a special deal to help them come back from time to time. Like what you read? Want to contribute to the conversation? Leave your comments below!

Chapter 2 : calendrierdelascience.com | Classes, Therapies, Workshops and more

The stunning festive light display at Bon Accord Centre has made a spectacular return for Christmas , following an overwhelming positive response last year.. An array of festive lights arrived.

RR Lyrae variables or standard candles e. Viewed from the Andromeda Galaxy , it would be the brightest feature of the Milky Way. This composite photograph covers about half of a degree. The complex astronomical radio source Sagittarius A appears to be located almost exactly at the Galactic Center approx. Accretion of gas onto the black hole , probably involving a disk around it, would release energy to power the radio source, itself much larger than the black hole. The latter is too small to see with present instruments. Thus the diameter of the radio source is slightly less than the distance from Mercury to the Sun. Scientists at the Max Planck Institute for Extraterrestrial Physics in Germany using Chilean telescopes have confirmed the existence of a supermassive black hole at the Galactic Center, on the order of 4. More than OB and Wolf-Rayet stars have been identified there so far. The existence of these relatively young stars was a surprise to experts, who expected the tidal forces from the central black hole to prevent their formation. The scenarios invoked to explain this formation involve either star formation in a massive star cluster offset from the Galactic Center that would have migrated to its current location once formed, or star formation within a massive, compact gas accretion disk around the central black-hole. Most of these young, massive stars seem to be concentrated within one or two disks, rather than randomly distributed within the central parsec. Star formation does not seem to be occurring currently at the Galactic Center, although the Circumnuclear Disk of molecular gas that orbits the Galactic Center at two parsecs seems a fairly favorable site for star formation. Work presented in by Antony Stark and Chris Martin mapping the gas density in a light-year region around the Galactic Center has revealed an accumulating ring with a mass several million times that of the Sun and near the critical density for star formation. They predict that in approximately million years there will be an episode of starburst in the Galactic Center, with many stars forming rapidly and undergoing supernovae at a hundred times the current rate. This starburst may also be accompanied by the formation of galactic jets as matter falls into the central black hole. It is thought that the Milky Way undergoes a starburst of this sort every million years. In addition to the paradox of youth, there is also a "conundrum of old age" associated with the distribution of the old stars at the Galactic Center. Theoretical models had predicted that the old stars which far outnumber young stars should have a steeply-rising density near the black hole, a so-called Bahcall-Wolf cusp. Instead, it was discovered in that the density of the old stars peaks at a distance of roughly 0. Because the observed stars are a fraction of the total number, it is theoretically possible that the overall stellar distribution is different than what is observed, although no plausible models of this sort have yet been proposed. The principal stars in Sagittarius are indicated in red.

Chapter 3 : Store | Light Centre

8 reviews of The Light Centre "I'm an astanga girl, through and through. I sometimes think to myself, "Larissa, you should go to a not-astanga class for a change of pace.

Chapter 4 : Space in Images - - 09 - Herschel's view of the Galactic Centre

Some photos of the views and people at The Centre of Light our home in the Southern Swiss Alps +3. The Centre of Light. Sp S on S so S red S Â. June 3, Â.

Chapter 5 : Stunning light display at Aberdeen's Bon Accord Centre returns for Christmas - Evening Express

The state of homelessness in Toronto. Margaret's drop-in is now open 24/7 during the extreme cold weather to provide warmth, hot beverages, food, mats and blankets for anyone in need.

Chapter 6 : The Light Surgery, Leeds City Centre

Light Centre Credit is a great way to increase your spending power on Yoga and Pilates mat classes if you're a drop-in user. Ask at reception to top-up your credit. Ask at reception to top-up your credit.

Chapter 7 : Light Centre for Transformation

The Light Centre TT, Port of Spain, Trinidad and Tobago. likes Â· 5 talking about this Â· 4 were here. Therapy, Healing, Consciousness.

Chapter 8 : Degree Apprenticeship Centre gets the green light â€“ Production Engineering Solutions

Seeds and grains are living plants in an inert state, but most of their goodness is locked away until water and light make them sprout. Turn your seeds and grains into small plants in this sprouter and reap the health benefits.

Chapter 9 : What the Puck: Kotkaniemiâ€™s smile, Habsâ€™ rally light up the Bell Centre | Montreal Gazette

The Light Center is a natural sanctuary nestled on 90 wooded acres of sacred space. It is dedicated to living, learning and growing in partnership with Nature as we adapt to a rapidly changing world.