



## Soliman Laurence

Bodyworker  
& Nutritionist

### What Soliman can do for you...

Soliman specialises in Chavutti-Thai bodywork which is a powerful fusion of massage and specific yogic manipulation techniques geared towards opening knotted and tight muscle fibres and normalising energy flow to restore balance, harmony and vitality. By combining these different strands Soliman is particularly effective in stress and anxiety conditions and in promoting healthy body and emotional detoxification and overall wellbeing.

Chavutti-Thai bodywork can benefit everyone! An excellent complement for sports professionals, yoga enthusiasts, weight trainers and physically active people as well as being a good all round relaxing or powerful treatment and an effective complement to any detox regime.

- Conditions and Tones
- Helps in the breakdown of cellulite and scar tissue
- Enhances elimination of toxins
- Helps to lengthen the spine and create overall flexibility
- Encourages correct colonic function
- Combats stress related symptoms such as headaches
- Combats lethargy and insomnia
- Unlocks and balances body's vital energy
- Improves neurological functioning
- Improves blood lymphatic circulation
- Increases nutrient and oxygen uptake in the tissues and reduces muscle stiffness
- Improves breathing
- Aids postural and skeletal realignment

JOSSHI  
CLINIC

## About Soliman...

Soliman Laurence is a holistic practitioner with broad experience rooted within a family herbal tradition. An expert in his own right as a physique artist, he also has a background in dance, gymnastics, weight training and the martial arts. Soliman is a qualified Nutritionist, Clinical Iridologist, Bodyworker, Breathworker and Fitness Instructor. He is listed as one of the top five nutritionists in the Evening Standards` 100 best therapists in London and has also been named as one of the top bodyworkers in London.

## Key qualifications

- Nutritional Science (Dip.N.S)
- Clinical Iridology with Naturopathic Practice (M.C.Ir.A) (R.C.Ir)
- Bodywork (Chavutti-Thai),(Thai Yoga Massage)

## Philosophy...

"The aim of my work is to generate radiant health through the regulation of energy by a combination of good diet and tonic herbs, correct nutrition, exercise and bodywork to bring about a state of internal harmony and vitality of the individual."

## Testimonials

*"I have a very active lifestyle and love sport - water skiing, snow skiing, gym work, running etc - and like most people want to look and feel at my best. Seeing Soliman for Chavutti-Thai Bodywork gives me that added edge stretching my muscles as well as a deep relaxing massage."*

Amanda Wakeley, Fashion Designer

*"it takes you to another level!"*

Tatler

*"it left me speechless!"*

Vogue

To find out more or to book an appointment with Soliman please ask at reception or call +44 (0)20 7487 5456.

# JOSHI CLINIC

57 Wimpole Street, London W1G 8YW

T: +44 (0)20 7487 5456 F: +44 (0)20 7486 9622 E: info@joshiclinic.co.uk