

WFWP UK: The Healing Connection - Energy and Body in Balance

Mitty Tohma
March 18, 2025

Woman's Health Physiotherapy



- Most people have heard of physiotherapy but women's / pelvic health physiotherapy - not so much.
- What on earth is women's health physiotherapy I hear you ask? It's a highly specialist area of physiotherapy which involves assessing and treating conditions related to the pelvis and pelvic floor in women.
- 86% of women will have a baby at some point in their lives and all women will go through the menopause at some point. These are two key events in a woman's life which involve huge changes physiologically, most of which are within the pelvic area. With this in mind, it makes sense that these might therefore be times when unwanted symptoms in the pelvis may start to arise, although to be clear, these can arise at any time in a woman's life. Symptoms like incontinence, an over-active bladder, pelvic pain, prolapse and painful sex. These can all have a huge impact on how you feel as a woman, your quality of life, your confidence and your ability to just be you.

Healthier Living Seminar - The Healing Connection: Energy and Body in Balance
Saturday, 22nd March 2025.
43 Lancaster Gate, London, W2 3NA.

Join us for a transformative afternoon exploring the powerful connection between physical therapy and energy healing. Learn how to release pain, stress, and stagnant energy, restoring balance and well-being in both body and mind.

Schedule:

12:30 PM - Doors Open

1:00 - 2:30 PM - Eszter - Women's Health Physiotherapy

Discover how posture, movement, breathing, and specialized techniques can help release pain, tension, and stress in the body.

2:30 - 3:00 PM - Light Refreshments and Break

3:00 - 4:30 PM - Merope - Reiki and Energy Healing

Learn how Reiki and energy healing can clear stagnant energy, reduce stress, and restore balance - allowing the body to activate its natural ability to heal and enhance your overall health.

5:00 PM - Closing

Entry: Donation-based (£5, £10, or more)

Experience the fusion of physical and energetic healing for a healthier, more balanced you.

For more details, contact: info@wfwp.org.uk

To register [click here.](#)

Biographies of the speakers:



Meropi Karatzioglou - Energy Healer, Reiki Master Teacher, and Intuitive Guide

Introducing Meropi Karatzioglou

Meropi Karatzioglou, is a Reiki Master Teacher, energy healer, and intuitive guide with over 16 years of experience helping others reconnect with their inner peace. Originally from Greece and now based in London, she has dedicated her life to transformation and self-discovery. As a mother of two sons, she brings a nurturing and compassionate energy to her work, guiding others with the same love and care she shares with her family.

Her journey began at 21 with a profound spiritual awakening that led her to develop an intuitive healing method - one she naturally shared with others. Without realizing it, she had been practicing all those years an ancient Hawaiian art of forgiveness, love and gratitude. On that very same day, she also attracted her twin flame, marking the start of a life filled with synchronicities and miracles. It was only recently that she discovered

the true origins of her intuitive healing technique, with this revelation deepening her understanding of the universal flow of wisdom and her innate connection to healing energy.

It was a blessing that later on, Reiki entered her path as a gift, imparted by her dear friend and teacher, Theopisti Oslanitou. Reiki confirmed the profound connection between love and miracles, elevating her understanding and allowing her to witness profound positive transformations in herself and those she practiced Reiki on.

As a member of the UK Reiki Federation, Meropi has trained extensively in Greece and the UK, working with individuals, families, and children. Clients describe an immediate shift in her presence - children naturally calm and transform, while adults experience profound breakthroughs.

She is a passionate member of Peace Adventurers, an initiative under the Women's Federation for World Peace. Honoured to be invited to join this group, Meropi feels deeply aligned with its mission to bring inner peace to individuals and peace to the world. In the group's monthly workshops, she guides families through meditation, helping them cultivate personal harmony as a path to broader peace.

Her work extends to clinical settings, including Penn Clinic, where she provides Reiki therapy as part of a holistic approach to wellness. Research highlights Reiki's remarkable benefits in reducing stress, inflammation, anxiety, and fatigue, particularly for people recovering from heart surgery and oncology patients.

www.pennclinic.org/practitioners/merope-karatzioglou

In addition to her clinical work, Meropi offers private healing sessions in her own serene and nurturing space, where individuals experience deep relaxation and energetic alignment.

She also practices Distance Reiki, a core aspect of the Reiki system, allowing her to send healing energy worldwide. Clients often say that Distance Reiki feels as if they are physically present in the healing space, experiencing profound shifts, emotional release, and deep peace, no matter where they are.

Meropi believes true healing comes from aligning the divine and the human within ourselves. Through her work, she continues to inspire others to embrace their highest potential and live with love, forgiveness, and inner peace. "Love every moment of your life." Is her motto!

Take the first step toward balance and well-being today!

Phone and WhatsApp: 07 496-992-737

Email: info@meropereiki.co.uk

Website: www.meropereiki.co.uk



Introducing Eszter Lengyelne Jauch

MSK / Women's Health Physiotherapist HCPC /PH101444/

Eszter originally from Hungary, is a specialist pelvic health and musculoskeletal physiotherapist who graduated in Hungary then relocated to London in 2012 she worked in private clinics/hospitals around London where she has gained experience in both inpatient and outpatient physiotherapy.

She has a special interest in pelvic health. She has undertaken additional qualifications in these fields, as well as in Acupuncture, Visceral release/mobilisation of internal organs/ Neuro-movement correction, Cupping, Scar therapy, Myofascial release and Hypopressive training.

Eszter is passionate about empowering clients to improve their quality of life and restoring pain-free movement and function. She believes that patient understanding is key to ensure you make the most out of your physiotherapy sessions and

are able to fully support your treatment in short and long term. Her goal to deliver Physiotherapy that helps people to get back to doing what they Love.

Currently Eszter works:

Monday's at Spire Thames Valley Hospital, where she sees in-outpatients following hip, knee, shoulder, spinal operations

Tuesday's-Wednesday's-Friday's she works at Penn Clinic in Hillingdon seeing patients with MSK and Woman's Health condition www.pennclinic.org/practitioners/eszter-lengyelne-jauch

Thursday's she works with Urban and She does home visits in 15 miles radius around Hillingdon

She wife and a mum of a 5 years old beautiful girl.

Eszter Lengyelne Jauch Physiotherapist 07411888440 [jauch.eszter@ gmail.com](mailto:jauch.eszter@gmail.com)

Healthier Living Seminar



The Healing Connection: Energy & Body in Balance

Join us for a transformative afternoon exploring the powerful connection between physical therapy and energy healing. Learn how to release pain, stress, and stagnant energy, restoring balance and well-being in both body and mind.

Speakers on the day:

13:00 to 14:30PM

**Eszter on Women's
Health Physiotherapy**

15:00 to 16:30PM

**Merope on Reiki &
Energy Healing**



Powerful Connection/ Physical Therapy / Energy Healing

Date: Saturday, 22nd March 2025

Venue: 43 Lancaster Gate, W2 3NA

Time: 12:30 PM - Doors Open

Entry: Donation of £5, £10

wfwp.org.uk



WOMEN'S FEDERATION
FOR WORLD PEACE UK