



# Pranic Physiotherapy

My name is Matt Alexander. I have worked as a physiotherapist since 2006 and began my training to become a registered Pranic Healer in 2022.

Pranic Physiotherapy combines both disciplines to offer something that is truly unique, holistic and fully patient centred.

## PHYSIOTHERAPY

I am very proud to have worked in the NHS for 16 years. Since leaving it, I have combined working as a case manager, coordinating rehabilitation for those who have had suffered life-changing injuries, with my private physiotherapy practice.

I am a highly skilled and experienced physiotherapist who has worked across all areas, including:

- \*orthopaedic/trauma \* post-surgery rehabilitation \*
- \* neurological conditions (e.g. stroke, MS, Parkinson's) \*
- \* regaining mobility & confidence after fractures & falls \*
- \* long-standing back, neck, joint and muscle issues \*
- \* sports injuries, etc \*

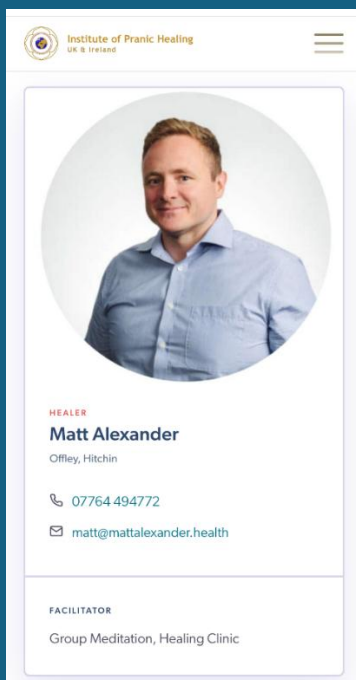
Additionally, I worked frontline during the pandemic in intensive care, on hospital wards and with patients who had underwent lower limb amputations.

## PRANIC HEALING

Pranic Healing came into my life when I was at a crossroads in both my working and personal life. Working during the pandemic and dealing with the long-term effects of having covid took a significant toll. Pranic Healing enabled my recovery when current available health care could not. More significantly, it allowed me to begin the healing process from the childhood bereavement of my father passing away when I was 10 years old.

Pranic Healing has helped me in ways I could never have imagined and I am excited and very passionate about sharing this with you!

**Further details regarding Pranic Healing can be found overleaf**



**Based:** Offley, Hertfordshire

**Clinic Location:** Offley, Herts

**Days:** Mon, Tues, Wed, Fri

**Clinic Location:** The Olde Watermill Shopping Village, Barton-Le-Clay

**Days:** Thurs

**Home visit areas covered:** Hitchin, Luton, Letchworth, Baldock, Stevenage and the surrounding villages

**Online sessions also available**



# What is Pranic Healing?

## Benefits of Pranic Healing:

- ❖ Relieve physical pain and discomfort
- ❖ Address chronic conditions, e.g. stroke and cancer
- ❖ Reduce stress, anxiety, and depression
- ❖ Overcome addictions
- ❖ Enhance overall well-being

Each condition that a body can experience has its own unique energy pattern which, if reversed, can then enable the body to begin to heal itself.

## CONTACT DETAILS:

**MATT ALEXANDER**

**MOBILE:** 07764494772

**EMAIL:** matt@mattalexander.health

## WEBSITES:

- ❖ mattalexander.health
- ❖ <https://pranichealing.co.uk/facilitator/matt-alexander>
- ❖ <https://pranichealing.co.uk>



**Institute of Pranic Healing**  
UK & Ireland

Pranic Healing is based on principles similar to those of acupuncture, however, it is a non-invasive practice that does not require needles.

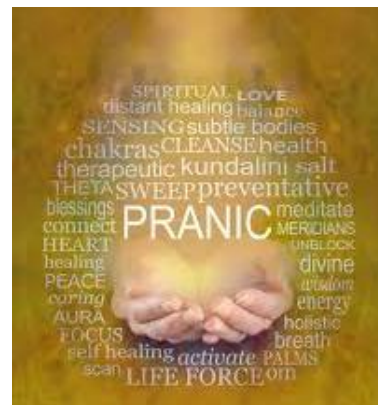
Pranic Healing is based on the following scientific laws:

**That Law of Self Recovery** – which states that the body can heal itself.

**The Law of Life Energy** – which states that by increasing the life energy level of the body, healing is accelerated.

Each different condition experienced, whether physical or psychological, has its own unique energy pattern and there is a different Pranic Healing protocol for each condition.

Pranic Healing can help with all physical and psychological conditions and is intended to compliment and work alongside traditional medicine, not replace it.



**Flexible Healing Options - Choose the method that suits you best:**

## Face-to-Face Sessions

Personalised healing in a comfortable clinic setting

## Distant Healing

Receive healing from the comfort of your own home.



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council



*In order for life to exist, the body must have prana, chi or life energy*