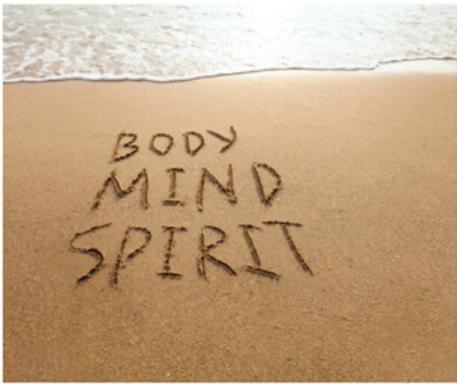
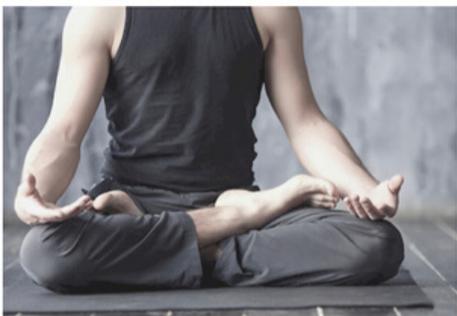


WISHING YOU AND YOUR FAMILIES A

Merry Christmas



Make 2022 your
HEALTHIEST
STRONGEST
HAPPIEST



Hoping your holidays are filled with laughter, healthiness & love.

We are all living in a time when physical and mental well being are being challenged. The best way forward is to take action to boost your immune system. create an emotional and mental health being routine. Be the best version of yourself

"You don't need to be better than anyone else; you just need to be better than you used to be "
Dr Wayne Dyer

Most of us don't take time for ourselves to pause and consider what's happening in our lives. Taking time to make your soul happy. rituals can help us to focus our attention. find a way that best suits you. here are some examples

Create a place within your home where you can sit and meditate

Live your life full of gratitude - help others

Take time for yourself, treatments, time in nature,

Connect with your breath



LOOKING FORWARD TO SEEING YOU IN THE NEW YEAR,

be your best for 2022



I CAN'T BELIEVE HOW MUCH POPPY HAS GROWN THIS YEAR!

It's been a year full of wonderful experiences and some of the saddest moments for me. The loss of my lovely nanny, who had a great impact on my life and my sons father.

Christmas, the end of the year, a time for reflection and contemplation, thinking about the year past. With this can come the moments of sadness, but without the sadness we could not experience the great joys, for as there is day there is night.

When working with acupuncture and energy, winter is a time of the Water Element.

"just as the water reflects the stars and the moon, the body reflects the mind and the soul"
Rumi

slowing down, giving yourself time to recharge

"we cannot see our reflection in running water. it is only in still water that we can see"
Zen Proverb

Life is wonderful because of all our experiences, observing that the only true moment that counts is the moment that you are in.

January 2022

A new year and a new fitness schedule, included are a couple of extra classes, one for beginners and fitness class. i am studying Pilates and Qi Gung over the next couple of month so classes will be coming.

Reiki

an introduction to Reiki on January 20th
a Japanese form of energy healing, a chance to learn more about this gentle effective healing. learn how to heal yourself.

Vision Board

i am not too keen on New Year's resolutions, they are great if you want to break a few things, Personally I prefer vision boards. join me for the breakfast catch up, sunday 16th January.to make your own, giving you a visual reminder of all the things you would like to enhance your life. maybe fitness goals, travel, finances or family goals. In the meantime collect a few magazines and pictures of things that you are attracted to - have yourself a big sheet of card or a canvas and glue. Remember you can create the lie you dream of.

Dry January & Fasting Days

Dry January usually starts from the 10th January for me as I like a little tippie on my birthday first.
for anyone wanting to join me for 4 weeks detox, I will offer support and ideas on what to eat and drink to flush out the body to restart and revitalise the body, to feel lighter, cleaner and brighter.

