

MyWellnessConnected

byHelenCooper



June, being my birthday month, has always been a time of parties in the garden, visits to the beach and long summer walks. This year unfortunately the weather seemed determined to thwart those plans, but I'm definitely a person who likes to get outside whatever the weather and there has been the odd gem of a day which was so lovely.

As life normalises, my work diary continues to get busier and busier, which is really great, but please bear in mind that when booking new appointments I might not be able to see you for a few days.

This Month:

- July Guided Healing Circle: Wednesday 14th 7.30pm - The Beach
- Swim Couch to 5k journey: My Longest Swim on the Longest Day
- Notes from your therapist....
- Feedback please! What would you like to hear about?

July Guided Healing Meditation on Zoom: The Beach

Wednesday 14th 7.30pm £10

These sessions are very informal. You do not need to have had any previous experience of meditation as I will guide you on a journey of sensory imagination and visualisation. They are deeply relaxing, calming and healing. Afterwards you will be given a link to a recording so you can revisit the meditation any time you like. This can be very helpful for those of you who struggle to relax or sleep, or have stressful lives.

July's Guided Healing Meditation on Zoom takes inspiration from one of my favourite places, the beach. We are so lucky in this country to have the most beautiful diverse coastline; from long sandy beaches to rugged coves and cliffs.

The sea is very much a part of our lives and its energy is always constantly changing bringing us fantastic sunrises and sunsets, cool breezes and great beach combing. We will be harnessing some of that amazing energy to help us raise our own vibrations to cleanse, heal and energise our mind and body.

Contact me to find out how to join in! (This is one of my photos)





Swim Couch to 5k Journey - My Longest Swim on The Longest Day

As explained in my last newsletter I wasn't ready to attempt the 5k swim on June 21st. However, on the evening of Sunday 20th the conditions looked favourable to do what I had signed up to do, 'swim my longest swim on the longest day'.

So I set off from the east point of Hayling to swim along the coast towards the west, thankfully swimming with the tide in my favour.

After half an hour I checked my GPS watch but unfortunately it had not recorded that part of my swim! So I set it up properly and off I went again. I reached my destination but then had to swim back part way against the tide, which by then had become quite strong. It was pretty tiring. I stopped the swim after 2 hours and 15 minutes, and definitely smashed my previous record. I swam in excess of 4,000 meters which I am delighted about, and it gives me a lot of encouragement that I can now plan to do the 5k!

If you would like to donate to this worthy cause please copy and paste the following link into your browser:

<https://uk.virginmoneygiving.com/HelenCooper41>

Notes from your therapist.....

Someone once said to me “you light up when you are helping people”. I must admit that I certainly get a huge amount of joy from my job.

The more grounded and calm I am the better treatment I give. When I’m relaxed my hands are better able to read your body, feeling more accurately any areas of tension or stress in the soft tissue. I often feel heat in areas in need of attention, and regularly my clients comment that they feel my hands are hot too.

It is important to remember that we are a whole being. Pain manifests itself due to physical, mental and emotional trauma. Even when you come to see me with a bad knee I will check your whole body for tension or old injuries, and will take into consideration stressful situations in your life.

My treatment room is a haven of peace and tranquility in a busy world. It allows you an escape, a place to relax and unwind which aids healing and recovery from injury or illness.

After the treatment I really enjoy hearing from you with your stories of how Bowen has changed your life. Everyone has different challenges and what may be a small deal for one person can be a massive achievement for another.

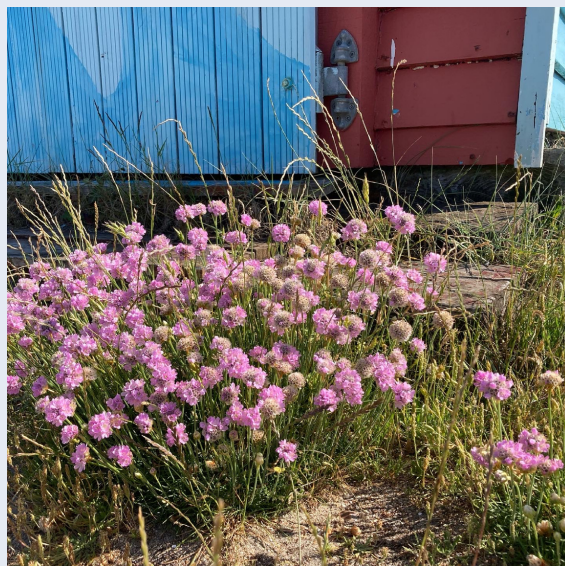


“Thank you for holding such a nurturing safe space for me yesterday. I feel very calm and much more relaxed today.”

FEEDBACK PLEASE! What would you like to hear?

I've had some lovely feedback about these newsletters.

Thank you. But I'd also love to know if there's anything else you'd like to hear from me in my monthly musings? Feel free to email, text or write.....



AND FINALLY; LET'S GET PERSONAL

As I've already said it was my birthday in June. I had a wonderful weekend away in Somerset with my family, chilling, chatting and playing board games. I had an amazing cake made for me too! I've also had a go at making elderflower cordial - and it was a success! And at long last I got out on my paddle board and got to see a London show!

