

MyWellnessConnected

byHelenCooper



I Can't tell you how amazing it is to be fully back to work. Seeing my clients again who have been shielding for the past year has been wonderful. Catching up with all their news (good, great and sometimes sad), seeing them smile and their bodies relax after the treatment, makes me very happy.

Obviously there are still lots of Covid safety precautions in place, and I have less appointments available each day (I have to allow an extra half an hour between sessions to air and clean the room), but I'm pleased to report that, due to all the courses I took over the last year, the results I'm getting are even better than ever!

This Month:

- June Guided Healing Circle: Wednesday 16th 7.30pm - The Sun
- My Swim Couch to 5k journey: May setbacks
- Adding Extra Oomph to Your Treatments
- The borrowers; are you one?
- Summer Competiton - "My Happy Place"

June Guided Healing Circle: Wednesday 16th 7.30pm £10

The Sun

June's Guided Healing Circle on Zoom takes inspiration from the Summer Solstice. We will be using the sun's bright, cleansing light to clear out those dark shadows in our mind, and absorbing the its energy to infuse our body with healing, calmness and vibrancy. If it is a lovely warm summer's evening you may even want to sit outside in the evening light to make the experience even more wonderful.

Feedback from last month's meditation:

"It's so relaxing. I feel like I've had a good sleep but it's just because I've been very relaxed. Helen talks and walks you through it (I literally feel like I walk through whatever nature scene is being visualised). I find it hard to switch off and it works even for me!"

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





My Swim Couch to 5k Journey - May Setbacks

Firstly, thank you from the bottom of my heart for all your wonderful support, encouragement and kind donations. The fundraising total is currently £806 which is fantastic!

I knew when I started this challenge that it would really stretch me to my physical limits and that the training schedule was demanding.

Unfortunately what I didn't plan for was that May would throw a tantrum with storms, huge waves and cruel winds. This has meant that sadly I am about 3 weeks behind schedule. I am still getting stronger and more confident in the sea which is great news, but my longest swim to date is just under 1800m.

So, on 21st June I am still going to do my longest swim to date, but I'm going to aim for a more realistic 3000m, and if I happen to do more than that is great. I'm now giving myself until the end of August to do the full 5000m which means that I'm looking after myself both physically and mentally, because if I break myself I can't fix you!!! I hope you understand x

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>

Adding Extra Oomph to Your Treatments:

Some of you may have noticed that there are lots of new moves in my repertoire of Bowen magic. These come from the various courses I have taken over the past year.

Scar Tissue release is great not only for tight scars, but also plantar fasciitis and damaged Achilles heels.

Lymphatic moves get your body's healing systems working more efficiently which might give you more energy, better digestion and less bloating.

I'm also using the training I have received from my talking therapy training (hypnotherapy, counselling & neuro linguistic programming NLP) to support your mental health.

Breathing exercises release tight a diaphragm and intercostal muscles, creating space and fluidity in the ribcage.

The results I am seeing are really quite astounding.

The Borrowers; are you one?

I've loaned out a couple of items which haven't been returned and I can't remember who I gave them to!

If you borrowed either my lip reading mask (to see how it was made), or my own personal GRAVITY body alignment device (it has Helen Cooper written in blue biro on top of the box) please can you return them to me. Thank you xx



SUMMER COMPETITION: “MY HAPPY PLACE”

I was going to have a fun sock competition, and then I remembered it is actually summer!! (Well, May was not very summery was it? Lol)

So, please send in your photos, or other creative ways, to show me your happy place. The one that makes me smile the most will win a prize.



You have until the end of July!

AND FINALLY; LET’S GET PERSONAL:

As I’ve already said, May was quite a frustrating month, but it was also a wonderful one. Both my boys have their birthdays in May, and we had lovely family celebrations. My partner and I also had a super trip to North Devon, where we walked miles and jumped in the waves, dodging the rain showers. I hope you all are enjoying catching up with your loved ones now restrictions have been lifted a little. X

