

# MyWellnessConnected

## byHelenCooper



July brought us sun at last! Yay! Such a wonderful couple of weeks of beautiful weather, calmer seas and clear skies.

Our paddling pool was dusted off, patched and filled to cool us off and iced coffees were made. A couple of long days on the beach and we could have been in the Med!

So, now we are back to rainy days and stormy weather. Everything is green and lush, and the clouds make for beautiful sunsets again. But I hope we will get a few more nice weeks for swimming and paddle boarding!

### This Month:

- August Guided Healing Circle: TUESDAY 17th 7.30pm - Valleys
- Swim Couch to 5k journey: A good month
- Yoga; a practise for everyone

August Guided Healing Meditation on Zoom:

TUESDAY 17th 7.30pm £10

(EARLYBIRD PRICE £8 if booked & paid by end of July)

**“Thank you so much for the lovely meditation this evening.**

**Through your voice I was absolutely transported**

**to most beautiful, peaceful and idyllic place.**

**I felt truly relaxed, safe and happy”**

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.

This month we will be transported to a beautiful calm green valley to ground ourselves, to revive our senses and completely relax.

Contact me to find out how to join in!





## Swim Couch to 5k Journey - A Good Month!

It's been a busy month but I've managed to swim 10 miles so far, and apparently I've swum 35 miles since April. My average monthly total is slowly climbing but that should accelerate as this week I notched up nearly 5! No wonder I'm aching!

I'm keeping an eye on the weather for another window of calm to get the 5k done in one day, but I'm gaining confidence and strength.

This week I spotted a sea bass chasing lots of little fish, and a couple of starfish.



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

## Yoga; a practise for everyone

One way I like to keep myself healthy, body & mind, is through regular yoga practise.

There are actually many different yoga practises which will appeal to different people wanting different approaches.

I undertake a weekly practise with Tori Brookes who has a wealth of knowledge in not only yoga but also anatomy and facial release (which works brilliantly with Bowen Therapy). She is great at adapting the sessions to exactly what we need for our body type and physicality, guiding us to help our posture in poses.

I supplement this practise with longer evening/weekend workshops incorporating a variety of meditation, journaling, yoga nidra (intensely relaxing), chanting and grounding.

Helen Davis at One Step Forward Today, offers a very gentle approach to yoga which is perfect for all abilities and ages. It particularly suits older clients, those who have autoimmune or mobility issues. Helen's weekend workshops are a wonderful way to unwind and completely relax.

And more recently I have discovered Holly's Harmony Yoga, who offers yoga sessions which celebrate the lunar and circadian cycles. This weekend, for the full moon, I attended a wonderful evening at Butser Ancient Farm, where we enjoyed a lovely two hour workshop in the atmospheric thatched roundhouse with an open fire which was incredibly atmospheric.



## AND FINALLY; LET'S GET PERSONAL

It's been a busy month! I managed to get last minute tickets to Wimbledon which was a fantastic surprise. My friend and I had a brilliant day out. I've been spending quality time with my youngest son who is off to Uni in September. As well as paddle boarding we have become addicted to watching Bake Off The Professionals.

Some wonderful news was that my oldest son and his beautiful girlfriend got engaged last weekend. I am absolutely over the moon as they are so very happy. So we have a wedding to plan! Very exciting.

