

MARCH 2021

HELEN COOPER BOWEN THERAPY & HOLISTIC HEALING



*Book
now!*

Hello everyone,

Today is the 29th March and another milestone.

Socially we are now allowed to meet outside in groups of six. This is going to be wonderful for Easter with the lovely weather forecast!

Formally organised outdoor sports are now also allowed. So for many of us it's back to sport this week and, for the first time in months, I am booked in for a game of tennis on Wednesday!

It's very exciting, but I'm also a little nervous. Hopefully my regular sea swims and walks will have kept me in reasonable shape, but the muscle groups you use for every sport are different so I'll be taking it easy to start with and having fun!

I had my first Covid vaccination recently and am glad to report no side effects.

The next important Covid calendar date is 12th April and hopefully
MY CLINIC SHOULD BE FULLY OPEN AGAIN!

I cannot wait to see you! Helping my lovely clients is such a massive part of my life and I have missed seeing you very much.

Monthly Guided Healing Circles: (via Zoom)

These are proving to be very popular. I've done two so far. They are a blend of meditation, visualisation, healing and hypnotherapy techniques to help you explore the healing energy flowing within you, within us all.

In the first in February we concentrated on exploring awakening the healing energy within us. A lovely gentle guided meditation where we settled into soft comfy cushions in a tent and reflected love and healing at ourselves.

The second, this month, had a theme of protection. In this we explored grounding, sitting on the earth and feeling the healing energy flowing into us and surrounding us like a lovely cloak which we can draw around ourselves at any time we need a little extra help and support.

This month's meeting is on Wednesday 14th April at 7.00pm. Our theme for this month is the moon. It is something ever present in our life, and like the tides, it has a remarkable effect on our body throughout the month. We have lost many of our animalistic senses, many of which would guide us through the seasons and the cycles of the sun and moon. In this month's session we will connect with its energy and feel how it can calm our senses and clear negative energy.

You do not have to have been to any of the previous sessions to book in for this one. The cost is £10 (*earlybird offer £8 extended to Sunday 4th April)

APRIL GUIDED HEALING CIRCLE THEME: 'THE MOON'

In next month's Zoom session we will concentrate on the energy of the moon.

WEDNESDAY
14TH APRIL
7.00PM, £10

(£8 EARLY-BIRD PRICE,
BOOK & PAY BEFORE 31ST MARCH)

Helen Cooper Holistic Healing
Helen Cooper Bowen Therapy
www.helencooperholistichealig.com

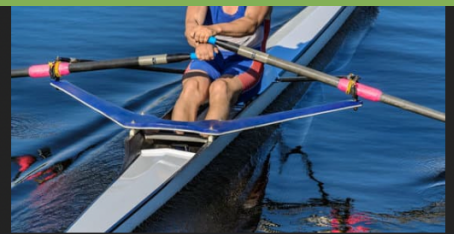


Book Now!





BOWEN
THERAPY



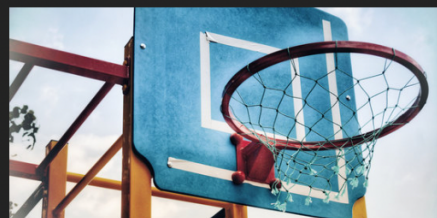
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The return to outdoor sport this week is a huge milestone for many.

For those of you returning please be kind to yourself! You may take weeks or even a few months to get your full fitness and condition back.

- warm up well
- take it slowly
- get plenty of sleep
- hydrate & eat healthily
- have lots of fun!
- stretch gently

What can I help you with:

- Tight & aching muscles, stiff, immobile or sore joints
- Twisted pelvis, painful back, neck and shoulders
- Headaches, dizziness, inner ear imbalances
- Plantar fasciitis, tight scar tissue
- Tight hamstrings, calves and Achilles heel
- and many more conditions!

Enjoy yourself and good luck!

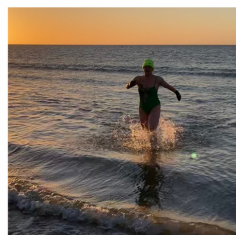
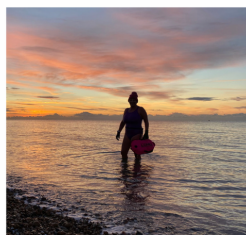


And finally, let's get personal.....

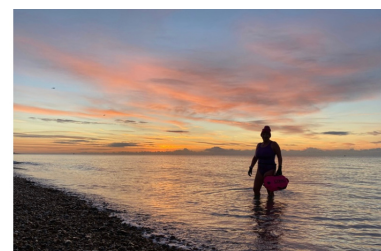
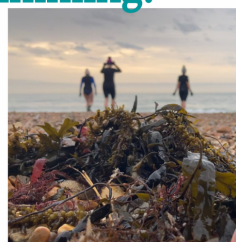
well, I never thought I'd be saying this but I've been gardening!!! My partner, Brian, and I have spent pretty much every weekend the past six weeks in the garden. We have ripped out hedges, put in new fencing and created a new rockery in the front garden too. It's still not fully finished but we are getting there slowly.



We have now swum a whole winter in the sea in 'skins' (costumes not wetsuits). This is a brilliant achievement, and something that has brought infinite joy to my life. It's not just the swimming, as you know, but also the incredible sunrises and scenery. I'm now looking forward to sunnier days and long breakfasts on the beach. Maybe even the odd evening sundowner swim with fish and chips!



Congratulations on completing your first whole winter of swimming!



FLAME SKY

Photo Art
BY HELEN COOPER



my_sunrise_swims

helencooperbowen@gmail.com

I'm pleased to announce that, by popular demand, I now have some of my photos for sale. At the moment I have a random selection of photos made up into blank greetings cards. They are 5 for £12 (plus p&p).

I wish you all a wonderful Easter break filled with love and laughter.

Helen x

