

NEWSLETTER - AUTUMN 2023

MyWellnessConnected

byHelenCooper



It's been five months now since I started this interesting commute between Hampshire and the Highlands! I have to admit I absolutely love it here in Scotland. It really does feel like home for me. Everything we wanted from moving up here is happening. The peace and quiet of our home, the visits from friends and family, getting outside to enjoy the beautiful countryside, the amazing range of wild swimming and the fantastic friends we have already made. I know we still have to make it through a winter, but those of you who know me well know that I actually love the cold! The short daylight hours are probably going to be the biggest challenge, however, making sure we get out for a daily walk or swim will be key.



I'm still coming down for 10/14 days every 3/4 weeks. I can get booked up in advance, so it is important to arrange your appointments, particularly if you need one in the evening.

My son, Ryan, has commenced Sunday Bowen clinics from my treatment room in Horndean. He is an excellent therapist and I'm delighted he'll be continuing the family business.



If you fancy learning about Bowen yourself, I am now teaching a 2 day Introduction to Bowen Therapy course. This enables me to pass on skills to you to help your own friends and family. You need no prior training and for an investment of £299 you will come away with a skill for life.



I currently have three dates available:
16th & 17th September - Petersfield
25th & 26th of November - Petersfield
3rd & 4th February - Muir of Ord (Inverness)*
*a fully catered accommodation package will be available for those of you who wish to fly up to attend. Please speak to me if you are interested.



This July marked 20 years since I passed my Bowen final exams. I celebrated in Scotland with two great friends I met when training.



Let's get personal:

Sooooo, Scotland! So much to tell you!
I've been swimming (of course!);
waterfalls, rivers, lochs, estuaries & sea.

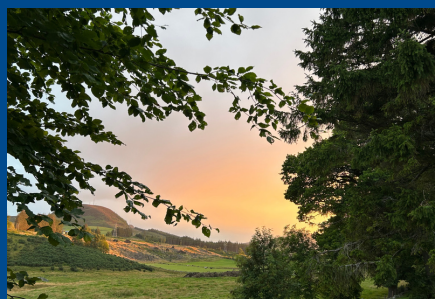
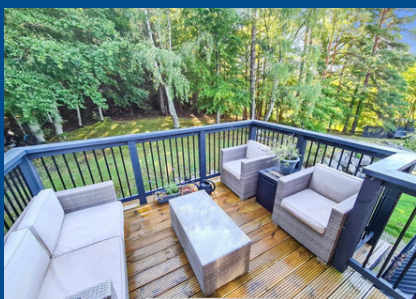
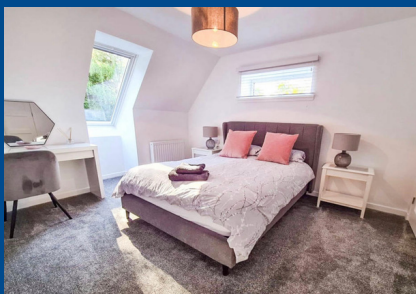


One thing you are never very far away from in Scotland is water, which makes it a pretty perfect place for me to live. I even swam across the Moray Firth in a charity event!

I've been foraging, walking, hiking, biking and navigating. I've started training to be a walk leader so that when we run retreats I can take everyone out and about in the beautiful countryside.

We plan to get the retreats up and running sometime next year, mixing different elements; walking, swimming, yoga, meditation, watching wildlife, arts & crafts, Bowen Therapy, massage or just completely chilling out..... Brian is a tour guide at a local distillery so we might organise a visit there too!

In the mean time our beautiful self catering, 5 person apartment, Faebait Lodge, is available to rent through airbnb.





We are so lucky here. We are situated up a quiet country lane, with views over a beautiful glen to the south and nestled by mature woodland on the other aspects. We have a river we can swim in within walking distance through the woods, which have an abundance of wild foods to forage. There are deer, red squirrels and many different species of birds. We are told there are pine martins and wild cats too but haven't seen them yet.

We are only a mile away from the local village with a train station and shops. Inverness is a 20 minute drive and the airport only 30 minutes, so it's really easy for friends & family to visit.

I know I will still see many of you on my trips down south but I do hope that some of you will venture up north to experience the beauty of the Highlands.

Lots of love, Helen x

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