

# MyWellnessConnected byHelenCooper



Hello from wintery Scotland! No snow here so far in Muir of Ord but we have had some magnificent frosts this week and found snow when driving through the Cairngorms, about an hour away. There's plenty of snow on our local mountain, Ben Wyvis, so there are beautiful views as we drive around the local area. We've also caught a glimpse of the northern lights through the clouds but are yet to experience it at its most colourful heights. I have fulfilled a bucket list swim and plunged myself into the River Findhorn when it was frozen to we could break ice when swimming!



# Would You Like to Learn Bowen Therapy?

My first two Introduction to Bowen Therapy courses have been a huge success! All these lovely, keen and caring people have learned lifelong skills to take home and help their friends and family live a healthier, happier life. I LOVE teaching Bowen. Knowing that I am passing my knowledge onto others and seeing their smiling faces when they see what a wonderful therapy it is makes me incredibly happy.



If you sign up to the 2 day course you will learn key aspects of the Bowen Technique in a fun and informative way, which you can then use to support your loved ones who have minor injuries, illnesses or long term conditions. You become part of the Bowen College UK family and will receive ongoing support.

My next two courses are:

3rd & 4th February - at our home in Muir of Ord near Inverness (full board packages are available at extra cost if you'd like to do the course & stay in our beautiful home)

2nd & 3rd March - in Petersfield

Please contact me for further details.



## Introduction to Bowen Therapy Course Feedback:

“Thank you so much for such a wonderfully warm, enjoyable and informative course.

I loved it!

You are an excellent teacher”

“I loved learning this technique & having an understanding of what is happening when I receive a treatment too. I highly recommend Helen as a teacher!

For those of you who need to book treatments with me my next Horndean clinic dates are:

15th - 19th January (limited appointments available)

4th - 8th March

For those of you who aren't able to make those dates please book an appointment with my son, Ryan, who is running regular Sunday clinics from my treatment room in Horndean & also in the week from his home in Windsor.

His new ReCooperate website and Facebook page are now live and you can either contact him through those or email him on [ryan@recooperate.co.uk](mailto:ryan@recooperate.co.uk)

Ryan is who I go to to fix me so I can vouch that he is an excellent therapist!





# Faebait Lodge AirBnb Muir of Ord, near Inverness

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If you are looking for somewhere peaceful with beautiful surroundings and wonderful places to visit please have a look at our comfortable 5 person apartment on [airbnb.co.uk](https://www.airbnb.co.uk). It's easy to fly to Inverness airport and rent a car to get about. We are half an hour from Loch Ness, Inverness and Rosemarkie Beach. There are lochs, waterfalls and castles all within an easy drive through stunning countryside. There are loads of fantastic places to eat too! Hope to see some of you up here in the Highlands soon. If you're lucky you might even see the Northern Lights!





The last time I headed south I had a very interesting road trip! My first leg was from Muir of Ord to Bristol, where I stayed the night with friends. The second leg took me to Clevedon, where I swam in the marine lake, then to Exeter, where I met a friend for lunch, and finally on to Wadebridge in Cornwall where I met with my boys and their beautiful partners for our family Christmas! Needless to say we could not resist having a few jumps in the waves there. Then it was eventually back to Hampshire via my parents in Bournemouth.....



Merry Christmas & a very Happy and Healthy  
New Year to you all!



With love and best wishes, Helen x

