

# MyWellnessConnected byHelenCooper



Welcome to my new rebranded therapy business!  
MyWellnessConnected byHelenCooper

As some of you will have already noticed, I have a new business name. This change embraces all my therapies and celebrates the wide-ranging expertise I bring to help you and your family.

Check out my new  
Facebook and  
Instagram accounts:  
@mywellnessconnected



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## **This Month:**

- **Guided Healing Circles: What are they?**
- **Swim Couch to 5k: Has she finally gone completely mad?**
- **Back to Work: Yes! At last you can make an appointment!**



## MAY GUIDED HEALING CIRCLE: TREES

My monthly healing circles are proving to be a great success. I'm really enjoying them and am getting some great feedback.

They are a relaxing mixture of hypnotic meditation, visualisation and story-telling.

Each month we take a different theme of inspiration from the seasons and nature.

In the next session on Wednesday 19th May at 7.00pm, we will think about the amazing transformation spring brings about and the awakening of the trees. We will focus on renewal and growth in our own lives to cleanse and revitalise our own energy levels.

Please contact me to join the zoom meeting. £10 (or early bird price £8 if booked and paid for by 30th April).

*"That was incredible!  
I loved it"*

*"The meditation was so lovely. It was just what I needed in these strange times"*

*"It took me to a very relaxed space which I continue to feel today"*

*"It was really relaxing"*

*"That was a beautiful session! I had a great experience"*

*"It was excellent Helen, I feel very relaxed"*



**STOP  
DOMESTIC  
ABUSE**



## Swim Couch to 5k Challenge - Monday 21st June

As most of you know I have been dipping in the sea off Hayling Island regularly over the winter months. More recently I have actually been swimming and I felt I needed something to motivate me to get fit and to improve overall. I saw the Outdoor Swimming Society challenge for swim couch to 5k and thought that I'd give it a go!

It really is a massive challenge for me. I haven't done any regular swimming since I was in my twenties and this involves a tough regular regime to build both strength and stamina with the goal of swimming 5k in the sea on the longest day, Monday 21st June.

By taking on this huge challenge I wanted someone to benefit so I have decided to raise funds for a local charity - Stop Domestic Abuse. They are based in Havant and I know they have been working flat out over the lockdown period to help those who have found themselves in an abusive situation, something that has been compounded dramatically by recent events. If you feel able to support in any way I would be very grateful.

Please copy and paste the following link into your browser to donate:

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

I will update you on my progress!

## Back to Work:

I'm so happy to be welcoming back clients who I haven't seen for such a long time. My clinic is now fully open for all my different treatments:

Bowen Therapy  
Swedish Therapeutic Massage  
Indian Head Massage  
Scar Tissue Release  
Hypnotherapy (as a student practitioner)



I must, however, continue to adhere to all the strict Government and Professional Body guidelines, so there are still restrictions in place. As I must keep at least half an hour between each appointment for changing linens, cleaning and ventilation, please understand that I have less appointments available.

I look forward to seeing more of you as the year unfolds.

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

It's been wonderful getting to finally spend time with family and friends. Be it Sunday lunch in the garden or a picnic in the park, we are all getting used to an al-fresco way of life. Luckily the weather has been kind and it has meant that I've at last been able to see some of the people I love the most. I hope you are also now able to see some of your loved ones too.

