

HELEN COOPER BOWEN THERAPY & HOLISTIC HEALING



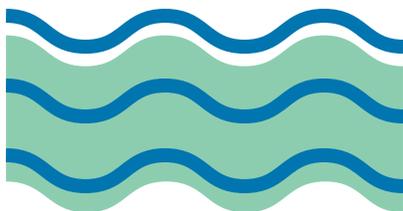
"When Bowen Therapy is used as a remedial therapy, dealing with injury or pain relief, it should be considered a 'health service' and therefore be exempt from the restrictions being imposed in this second lockdown."

After a few days of nervous anticipation it was great to hear the news that Bowen Therapy has been classified as a remedial therapy. It is therefore a necessary service for pain relief, pain management, recovery from injury or illness or to promote mental health.

My clinic will now remain OPEN during periods of lockdown, subject to all the necessary safety precautions.

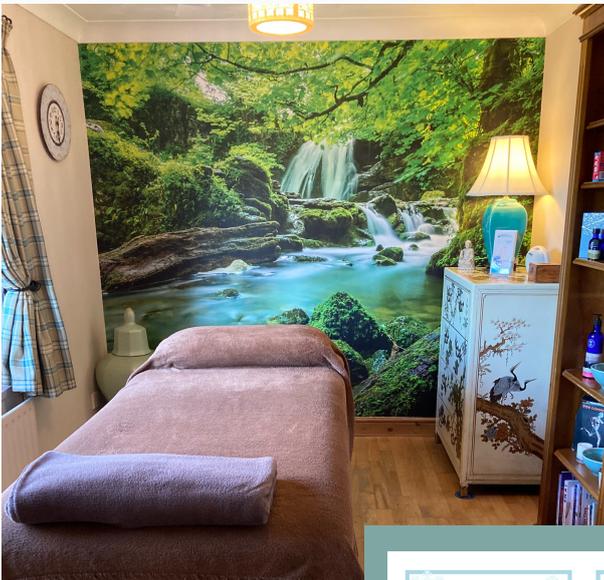


November Mug-Shot
Find out later why I'm sitting on the beach at sunrise drinking a hot cuppa....



Bowen “FirstAid”

As you know I really enjoy learning new things, increasing my knowledge and broadening my skill base. So when I thought my clinic was going to be closed again I undertook some training to be able to help people with Bowen through online media of a video-call . This entails many of the things you will recognise from our ‘in person’ appointments; talking through your issues, finding practical solutions, diet & lifestyle changes, stretches and using movement to ease discomfort and pain. I am also able to talk you (or a member of your household) through some basic Bowen moves to perform on yourself. I know some of you are still cautious so if you’d like to try one of these sessions instead of coming to the clinic, please let me know. I’ve done a couple already and they work really well. Obviously it’s not like having my ‘magic hands’ treating you, however, it might tide you over until you are able to come in person.



CHRISTMAS GIFTS: Remember Neal’s Yard have some amazing gifts for your loved ones this Christmas! I have a few things in stock or you can order through my consultant’s link below:

https://uk.nyrorganic.com/shop/helencooper_

3



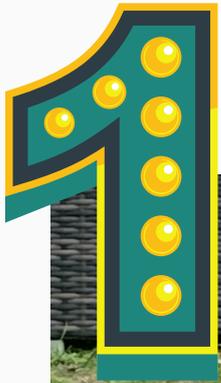
you can buy them a
Bowen Therapy
Gift Voucher!



Furry Family

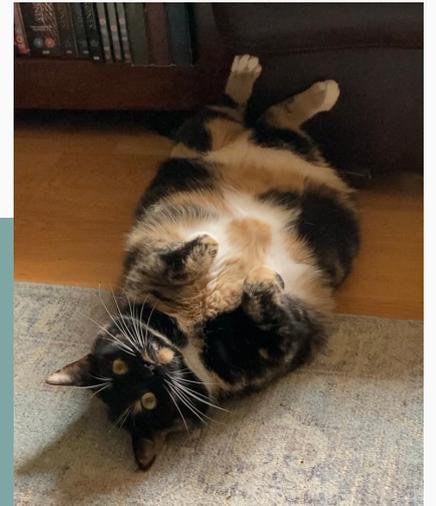
Many of us have an even stronger bond with our pets this year. They have provided much needed comfort in these difficult times, & have brought so much joy. So many families are finding that getting out for their daily walk with their dog is vitally important for mental and physical health, and it is also a wonderful way to bond. I adopted my cats at the beginning of lockdown 1 and they literally spent every hour with me in the garden. Mum, Meg, is definitely a witches cat. She has the most amazing eyes and, now she feels safe and at home, is playful and talkative. Her son, Freddie, is still a little nervous, but he is super fast and funny, and is becoming more affectionate.

Do you have a funny or nice story about your pet?
I'd love to hear about it!



**HAPPY
BIRTHDAY
FREDDIE!**

My lovely lockdown kitten will be 1 year old on 30th November. Both he and his lovely mum, Meg, have settled in so well. They are really happy here and are very much a part of the family.



And finally.... Let's Get Personal....

When the first lockdown started I felt it was important to try and explore new ways of supporting my own health and wellbeing. I had read about the benefits of cold water immersion so I started to take cold showers nearly every day. Over the course of the year I have been drawn more and more to the sea, my happy place, although initially mainly to walk or paddle board. Then I started to follow a group on Facebook about open water swimming. The stories of the health benefits, camaraderie, stunningly beautiful photos and fun, were completely inspirational. And so, it started. I'm now dipping in the sea several mornings a week! And. It. Is. AMAZING! I feel energised and alive, more positive, more supple. I'm so grateful. So many of my friends have been encouraged by my photos and they too are now taking a regular dip. It truly has only come about because of the unusual situation this year. Funnily enough, all my photos have been of the sea this month! Please feel free to ask me more if you are interested in starting cold water immersion.

