

Newsletter

Feel Good Therapy



**YOGA CLASSES
HAVE BEGUN!**

What's Happening
More blog articles are coming up during the next few months. Spring has arrived, Daffodils are cheering up our gardens and streets and we have a coronation to celebrate!



FEEL THE JOY

Time to change mindsets

This season can bring with it so much that is positive. There is life out there that is not in our control, but focusing on what is in our control and nurturing the environment of our heart and mind to flush out negative thinking to focus on the tiniest of things that lifts us up.



A Time for Celebration, is upon us at the beginning of May this year. Our nation celebrates a phenomenon that last happened some 70 years ago. There may not be many around who witnessed that and so this could be a once in a life time event . There is to be a day of fun and community in our village and there is already an air of excitement, slowly simmering in the background with the preparation that is underway. For the children of communities everywhere in the UK and commonwealth it will, I am sure, feel like a reason to party. Lets remember the joy and smiles they will experience and try to tap into that innocence and allow ourselves to take a break and enjoy feeling joy and gratitude and hope for the beginning a new era

Blogs this Spring Season

In April I will be talking about Bolly X. This is a form of hi intensity interval training in the form of dance fitness to Bollywood music, using dance steps from different parts of the Indian continent. It is coming to the vicinity of South Lincolnshire and there is a lot of activity around creating routines and becoming ready for the intended date, which at this stage isn't until September 2023. With a trip on the horizon to Amsterdam there will be another travel Blog. As Yoga classes have resumed at a new venue, there will be some focus on Yoga related topics.



A simple three letter word that means so much and can make a truly positive difference to life. Every emotion that is felt has an impact on the brain and in turn translates through our physical bodies. We talk sometimes about feeling happiness and yet joy is even more beneficial to brain health than happiness. Generally speaking theologians of old would express the notion that joy accompanies faith or spiritual concept. Recent research within the realms of positive psychology implies that joy is absent in the social sciences and in the lived experience and theologians have all but stopped advocating a necessity for joy in life. Joy however, when felt, brings with it a whole body experience that transcends and elevates us because it is experienced at the level of the soul. So much can be learned about Joy and its benefit to the human condition and to wellbeing. Look out for the blog on Joy during June.

Upcoming thoughts

Progressing on this year's journey from planning to implementation. I admit it has been a slow start. I've been enjoying the experiences overseas to much but now it's time to knuckle down and grow

Seasonal quote

Imagining we have one attempt at life, lets imagine it filled with joy