

DANCING IN THE RAIN

HOLISTIC HEALTH AND WELL-BEING



January 2023

Welcome to January's edition of the 'Holistic Health and Well-being' newsletter, and an especially warm welcome to our new subscribers. Happy New Year.

Timetable

Nordic Fitness

Mondays

9.15 – 10.30am

5.45 – 7pm

Wednesdays

9.15 – 10.30am

5.45 – 7pm

Fridays

8.45 – 10am

Nordic Fitness Plus

Saturdays

8.45 – 10am

Nordic Well-being

Wednesdays

11.15am – 12.15pm

**Timetable subject to change*

In this month's issue we have our usual round up from the last month and some thoughts and plans for the coming months for Dancing in the Rain. There is also some information about 'Balanced Horizons', another health and well-being service here on the Wirral that you might find beneficial.

There is another recipe from Helen P for you to enjoy - remember, the recipe of the month is an opportunity for you to share your favourite tried and tested recipe with others in the Dancing in the Rain family. If yours is chosen, you will be rewarded with a voucher for £10 off a holistic treatment with Dancing in the Rain.

Jan x

Latest News from Dancing in the Rain

Most of this month's reading is from "Polyvagal Exercises for Safety and Connection" by Deb Dana. It is based around Stephen Porges' Polyvagal Theory and contains exercises that help people tune into their nervous system and begin to reshape their responses through a variety of experiential practices. It's an interesting read but probably one of those books that I will want to revisit a few times.

I've also been reading 'Fast, Feast, Repeat' by Gin Stephens. Really interesting book that explains the science behind intermittent fasting. It also explains why the so-called diet/low calorie drinks and foods don't work. If you like to eat healthily, but also really like your food (this is definitely me), I recommend giving this book a read.

I've also been re-reading some of my 'Baby Reflexage' manuals. More of that in the next section of this newsletter.

I've settled quickly into my new therapy space and absolutely love it. The people from the other business here are lovely and it almost feels like I have work colleagues, which, is something I've missed since going self-employed full time. My new sign also went up last month, at the new room. Hopefully it should make it easier to spot me when you come for a treatment.



Early in December, a few of the Nordic Walking Group had a Christmas night out at Flissy's. It was good fun, and as always, Flissy and Kamara really looked after us. Unfortunately, quite a few of the group couldn't make this date, so we may look at having another get together some time in the new year.



Plans for Dancing in the Rain

As I mentioned in the previous section, I've been re-reading my 'Baby Reflexage' manuals. I finished this course in January 2020, did two case studies and then we went into lockdown and I haven't looked at it again. Now things are more settled, and I have access to a room where I can run workshops, I can start offering 'Baby Reflexage' workshops.

'Baby Reflexage' is a mix of reflexology and massage that new Mums (or Dads/ grandparents) can learn to help soothe and settle their babies – it is a lovely technique. I need to link back up with my tutor and get back up to speed but hope to be ready to offer these workshops in the spring.

Another workshop, I'm considering is a facial workshop. While it's lovely to come in and have a holistic facial, it's good to be able to do a weekly treat for your skin at home. The workshops will be available in the evening and are an opportunity for a group of girls to get together and have some fun while trying different facial products. If you have a group of friends (max 6) that might like to get together and give this a try, get in touch directly with me to find out more and get something booked in.

New Walks

As mentioned in previous newsletters there are two new walks available, starting in January

Technique Refresh

This session is for people who have attended the beginner's course and for whatever reason, haven't attended the regular fitness sessions but would like to. The technique refresh is an opportunity to go over the technique again and ask any questions, so you feel comfortable to slot into the well-being walks or fitness sessions. The first one took place on Saturday 7th January, and there will be another session available on Saturday 4th February at 12.30pm. This is available for booking on the usual [booking system](#).

Nordic Fitness Plus

This new class is designed for people who like the Nordic Fitness Class but would like to walk a little bit faster and have a few more exercise stops. As with the other classes,

it will be holistic and we will work on different fitness areas including cardiovascular, strength, balance, and co-ordination. These classes will be on a Saturday morning at 8.45am. They are under the heading Nordic Fitness Classes on the [booking system](#)

Taster Sessions

I have also split the taster sessions so people can attend a taster session that is more suited to their level of fitness. Taster sessions for people who would like to join the well-being walks will usually be on a Monday morning, and taster sessions for people who want to join the fitness or fitness plus walks will be on a Saturday.

Microwaved Leeky Salmon Parcels

Recipe originally from BBC Good Food – adapted by Helen

Total time 20 mins Ready in 15-20 minutes Serves 2

Very tasty and the parcels can be prepared in advance and just zapped in the Microwave when needed.

2 salmon fillets, 140g each
 1 medium or 2 small leeks, about 200g in total
 50g frozen petits pois
 4heaped tbsp crème fraîche, plus 2 tbsp to serve
 1 tbsp chopped fresh tarragon



Method

Step 1

Season the salmon fillets all over. Slice the leeks really thinly. Cut two 40cm square sheets of greaseproof paper and put a fillet in the middle of each sheet.

Step 2

Top each fillet with leeks and peas, and 2 tbsp of crème fraîche. Sprinkle with tarragon and salt and pepper.

Step 3

Make up parcels with the paper and stand them on a microwave-proof plate or tray. Microwave on full power for 5 minutes. Put the contents of the parcels on two plates and top each serving with a spoonful of crème fraîche. Serve with new potatoes.

NOTES - My fillets were bigger, so I added an extra 2 minutes. Really do slice the leeks thinly and give them a shuffle to separate them. I didn't bother with the final spoonful of crème fraîche.

Balanced Horizons

Suzanne McNee is a well-being life coach and trainer at Balanced Horizons. She specialises in helping people to cope with the effects of stress and anxiety and supports them to find a way to rebalance their lives.

She provides 1 to 1 coaching in her peaceful coaching room, helping clients to make positive changes in their lives to work towards greater balance, confidence, and wellbeing.

Many of her clients arrange to see her as they're experiencing feelings of stress, anxiety, overwhelm, frustration, irritability, lethargy, exhaustion...

Often they're struggling with poor sleep, lack of time or motivation for exercise, a mind that never seems to rest and are often using food, alcohol and/or caffeine to help get through the day.

Suzanne provides her clients with the time and space to identify what they are needing in life. The next step is discovering what needs to be changed and to help them to create new habits, beliefs and attitudes to guide them towards their goals. Clients are supported in building a personal toolkit to help them to develop the resilience and skills to face present and future challenges.

Throughout this process she provides motivation, passion and accountability towards their goals. Ultimately giving them the ability to take the time to enjoy their life, develop positive relationships and to feel fulfilled.

The following programmes (6 x 90 minute sessions) are an example of what Balanced Horizons can offer to support you through one to one coaching.

Menopause and midlife transformation

Building Strong Foundations for Physical and Mental Health

Effective Change (career coaching)

Developing Positive Relationships

If you or someone you know would benefit from 1 to 1 coaching, then please call or email Suzanne to arrange a free no obligation telephone conversation. This gives the opportunity for you both to learn more about each other and decide if you can work together to create positive change in your life. Email: suzanne@balancedhorizons.co.uk Tel: 07858 463935

You can find out more about Suzanne and the services she offers by visiting her website: www.balancedhorizons.co.uk



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