

DANCING IN THE RAIN

HOLISTIC HEALTH AND WELL-BEING



November 2022

Welcome to November's edition of the 'Holistic Health and Well-being' newsletter; for once there is a legitimate reason for it being very last minute/late. I wanted to wait until I had photos of my lovely new therapy room.

Timetable

In this month's newsletter there is news about a new Nordic Class for 2023, information about technique refresher sessions in the new year for people who have attended a beginner's course but haven't been able to make it to classes recently.

Nordic Fitness

Mondays

This month's recipe of the month has been shared by Helen P.

9.15 – 10.30am

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.

5.45 – 7pm

Wednesdays

If you have any ideas for what you would like to see in the newsletter, [please do let me know](#).

9.15 – 10.30am

Jan x

5.45 – 7pm

Fridays

Latest News from Dancing in the Rain

8 – 9.15am

Most of this month's 'reading' has been the latest book from Tim Spector from Zoe Health. I will confess, I am listening to it on Audible rather than sitting and reading it though, as time is often limited but I can listen when I'm driving to work and back. The book 'Food for Life' is really interesting, it questions some of the 'food stories' we have been told over the years such as all 'calories are equal' and brings us the latest research in food and health. He talks about the gut microbiome and how that can affect not only our health but also our mood and our ongoing food choices. I would highly recommend it.

Nordic Fitness Plus

Saturdays

8.45 – 10am (starts 7th Jan)

Nordic Well-being

Wednesdays

11.15am – 12.15pm

As mentioned in the introduction, I have now got the keys to my new therapy room. I picked up the keys on 27th November and for the first time ever, the room was all ready to move in to. I haven't had to decorate or get down on my knees and scrub the floor. I was able to just move in. It's been wonderful.

**Timetable subject to change*

I've met some of the other businesses who have office space there and they are lovely. I feel at home already.

The new room is @ The Office, 26 Thingwall Road, Irby. It is opposite Morrisons Local and is close to the village car park. The room is tucked away in the back of the building and should be nice and quiet.

As you can see, I need to sort some pictures for the walls but I'm almost there 😊



This is the building to look for when you come and visit. As you can see, we're all ready for Christmas. A few of us will be here for the Irby light switch on this Friday 1st Dec (or last Friday if I take too long to proof read this and get it out to you!!) with some kombucha, prosecco and discount vouchers, so if you fancy a peep at the room, come and see us.



Christmas

As I mentioned in the last newsletter, I will be taking time off over Christmas but not too much. I will finish with the [Christmas Eve walk](#) and will return to both Nordic Walking and therapies on the bank holiday Monday, 2nd January. The booking system for therapies is open so if you would like some relaxation time or a pre-Christmas facial, now is the time to secure your [booking](#).

New Classes for 2023

Two new classes are planned for 2023, Nordic Fitness Plus and a technique refresh session.

Technique Refresh

For people who have attended the beginner's course and for whatever reason, haven't attended the regular fitness sessions, there will be an opportunity to do a technique refresh session. There will be two of these sessions available, Saturday 7th January at 12.30pm and Saturday 4th February at 12.30pm. These sessions are available for booking on the usual [booking system](#).

Nordic Fitness Plus

This 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 cardio-vascular, 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](#)

Recipe of the Month – Beetroot, Pumpkin and Lentil Salad

This month's recipe was shared by Helen P who Nordic Walks with us a couple of times a week. The recipe originally came from Weight Watchers but Helen has adapted it to suit her. Let us know if you give it a try – it looks amazing.

Bunch of Beetroot, trimmed and cut into thin wedges (leave on the skin if you like)

Oil

Half teasp. Cumin Seeds

Half teasp. Ground Cumin

600g Pumpkin. Deseeded and cut into thin wedges (leave the skin on if you like)

1 teasp. Paprika

150g mangetout

400g tin Green Lentils, drained and rinsed

120g mixed leaves (kale, beetroot – whatever)

35g toasted walnuts

60g soft Goats Cheese, crumbled

80ml balsamic dressing

Preheat the oven to 220°C (see notes), fan 200°C, Gas mark 7, and line 2 large baking trays with baking paper.

Put the beetroot on one of the prepared trays, mist with cooking spray (or toss in a little oil) and scatter over the cumin seeds and ground cumin. Cover with foil and bake for 20 mins. Remove the foil and bake for a further 25 minutes.

Meanwhile, put the pumpkin on the second tray, mist with cooking spray (or toss in oil) and scatter over the paprika. Bake alongside the beetroot for 25 minutes.

While the veg is roasting, cook the mangetout in a small pan of boiling water for 2 minutes. Drain.

Combine the lentils, mixed leaves, roasted veg and mangetout on a serving platter. Top with the walnuts and cheese and drizzle over the dressing to serve.

Notes from Helen:

I cooked the beets in an Air Fryer, took them out then cooked the pumpkin in the Air Fryer. My Air Fryer is small – just for 2, so you might be able to do it in one go if yours is bigger. Far quicker and it dries them out a tad so they are sweeter and tastier. I had some Feta cheese left from another dinner so I used that instead of goat's cheese.



If you have a recipe you would like to share in the newsletter, please email it to Jan with your own photo of the dish. jan@dancingintherain.co.uk If you got the recipe from another source, please credit where it has come from.

Jan will choose a recipe each month and if your recipe is chosen, you will receive a £10 voucher to use towards a treatment of your choice.

Do you know anyone who would be interested in receiving the 'Holistic Health and Well-being' newsletter? Please feel free to forward to it to friends and family or ask them to contact me on 07717 393 805 jan@dancingintherain.co.uk and I can add them to the distribution list.