



NEWSLETTER

Issue No. 2 July 2018

Hello, and welcome to my second newsletter. I hope you are enjoying the amazing summer we are having and feeling the benefit of spending time outdoors.

Life Cycle

When I was out cycling recently I was thinking about how life is like a cycle ride. It's full of ups and downs (well it is if you live in the Highlands of Scotland!). You start off with a rough idea of where you're heading but sometimes things get in the way. You try not to look back too often, or for too long, as you may wobble or even fall off; but occasionally it's nice to glance back to see how far you've come – especially if it's been a steep hill. When you're cycling up a hill it seems to last forever but when you get to the top and stop to catch your breath, you realise that you are proud of yourself for having climbed it, and you know that your inner resilience and determination got you there.



Bealach na Ba

Sometimes there can be obstacles in your way and you've to figure out if you can you go under it, over it, round it or do you need help from others to get to where you want to go; or can you take a different path?

There can be times when you know where you are planning to go and then a new path appears and you wonder where that leads to. Sometimes you take it, sometimes you don't. Even if you do take it but don't like where it goes, you can turn around and go back on your original path.

If something scares you, why not try it and maybe, just maybe, you'll have the time of your life.



Cambodia



Jumping off a see-saw

Make sure though that there's plenty of time on your journey to smell the honeysuckle, listen to the birdsong, watch the deer and admire mother nature in all her glory.

'because we are all unique'

Above all, enjoy your journey at your own pace, going where you want, when you want. Be happy and have fun (especially on those long downhills, with the wind in your hair wheeee...)

(oh and always make time for coffee and cake)



Foot Reading

At the end of June I attended a Foot Reading course with the amazing Jane Sheehan (the UK's leading Foot Reader). There were four of us on the course and we had the most fantastic time. It was utterly fascinating to learn how the feet can tell us so much by their colour, shape, calluses and even by what colour we paint our toenails. I look forward to seeing as many feet as I can so I can hone my skills. So don't be surprised if I come out with one or two things about you next time I have your feet in front of me.

I will be incorporating foot reading alongside my other therapies to help me build up a bigger picture of clients to assist you on your journey as best I can.



Me bossy? – that can't possibly be what my feet are saying about me 😊

Electric Couch

I've just taken delivery of an electric couch; which means that you no longer have to clamber up on the couch. I now lower the couch for you to lie down on before I raise it to the correct height.

Training Courses

In the last newsletter I let you know that I'll be doing the Reflexology Lymph Drainage (RLD) course in September. Pretty much daily I'm seeing posts of the fabulous results other therapists are getting with this treatment and I'm so excited to see how it can benefit you all too. Here is a link to the RLD website.

<http://www.reflexologylymphdrainage.co.uk/>

Appointment Days

Please note that I am now back working Friday afternoons as I don't always have enough appointments available for everybody on the other days I work (Mondays and Thursdays). If you want a particular day or time I would encourage you to book as far in advance as you can to avoid disappointment.

Holidays

Due to training courses and holidays I am unavailable from 27 August to 14 September.

As always if you want to discuss anything prior to making an appointment please do get in touch.

Love and laughter

Jane x

Tel: 07881 613104

E-mail: janetherapies@gmail.com

Facebook: Jane Campbell Complementary Therapies
www.janecampbellcomplementarytherapies.co.uk