

IT'S ALL ABOUT FEELING BETTER January 2018 NEWSLETTER



Hello dear friends,

It's great to be in touch again.

I hope you are keeping warm and well.

I aim to keep my newsletters to only 3 or 4 a year,

So....a mutual phew!

I'd love to share some of the wonderful recovery stories from you in 2017. I'm nourished by the messages I've received throughout the year, giving me news on how your practice has moved you forwards and brought the wellness or change you hoped for.

One such experience was from Jane who had Fibromyalgia (Jane talks about Fibro in the past tense now!) Following attending a TRE workshop Jane was able to dispense with her walking stick soon after. Jane writes about her TRE experience so beautifully in her [Holistic Fibro Fighter blog](#). Jane also found her phobia of the dentist had gone....I've had this response from other shakers too! Another lady, within a month of practicing TRE, stopped her deeply troubling sleep walking. And an early Christmas present was to receive the letter below from a lovely gent who learnt TRE earlier this year.

"It's been a while but I never did thank you for what you have done for me with the TRE sessions. Compared to when I first met you I now feel like a new person and walk with my head held high.

I have returned to work locally with renewed vigour thanks to those sessions.

I am keeping up with the exercises regularly and find them very beneficial particularly to shed the work stress of the week in preparation for a nice relax on the weekend.

I would still be a bent over stressed out mess if I solely relied on the NHS my appointment came through two weeks ago that I cancelled and they asked why . I told the therapist who raised an eyebrow when I told her of TRE and the theory behind it.

In conclusion of my conversation with her I said the 'proof is in the pudding' wouldn't you agree and she did agree to my surprise.

Any way Jo it was lovely to meet you, you are a lovely person and thank you again."

I am really grateful to you for sharing your stories and for your strength and willingness to try 'this weird shaking thing'.

There's other stories on my website feedback page if you'd like to have a read.

It would be great to hear from you if you would like to share how your practice has helped you, maybe in one of the following ways or some other way.: stress/anxiety/emotionally/physically/aches and pains/in relationships/sleep/phobias/energy levels/socially/flexibility/confidence/overwhelm/coping. If we can spread the word it can help others too!

I'm delighted now to be running TRE weekly classes for Devon and Somerset Fire Service both for existing employees and to provide a trauma and tension release tool for new firefighter recruits. I celebrate the open forward thinking of Devon and Somerset Fire Services' Welfare team and Station Manager's care for this amazing team. This is empowering folks with a tool to heal themselves rather than rely on outside agencies.

Now having enjoyed a pause for the winter break...and feeling refreshed I'm looking forward to sharing more times with you again.



Join me in 2018 for a breather

This year I'm looking forward to hosting more Retreats, two in Devon in June 15th - 17th and September 7th - 9th. And at the end of September perhaps you might like to extend your summer and enjoy a week in the sun at La Serrania Mallorca 29th September - 6th October. This an opportunity to feel truly pampered in one of the world's top retreats. Featured in Condé Nast Traveller, Harpers & Queen 100 Best spas.

For more information about this retreat please click

[La Serrania Retreat Mallorca](#)

And for Devon click [Release Relax Renew Retreats.](#)

Following hosting the Sharpham Retreat with James in November, and spending the weekend with a wonderful group, I'd love to share some of the feedback from there and my earlier retreats....It warmed me deeply.x

"I'm feeling TOTALLY refreshed and positive, having had the pleasure of meeting you and your wonderful practice."

"Meeting you has been like a breath of fresh air in my life.....something really positive to hold on to during the more difficult times. I have no problem trusting my gut instinct this time!"

"I felt your loving energy, Jo... enveloping."

"We both enjoyed the retreat immensely"

"Firstly thank you so much for your care and attention during the Sharpham weekend retreat. I am so glad to have this experience as my first ever retreat, I really appreciate your kindness during my stay.

“Honored to experience you, and the retreat lived up to all expectations.”

“I truly appreciate your lovely gentle way of teaching, you really are a valued treasure Jo.”

**If you'd like an afternoon of letting go, do join me at an afternoon
Workshop**

Saturday 10th February

Lotus Loft Exeter Neurogenic Yoga and Yoga Nidra Workshop

2.00 - 5.00.

Saturday 10th March

Lotus Loft Exeter Neurogenic Yoga and Yoga Nidra Workshop

2.30 - 5.30.

Or...Weekly Neurogenic Yoga Classes

I'd love you to join me at:

Exeter Natural Health Centre for my weekly Neurogenic Yoga Class followed by relaxing
into a Yoga Nidra guided relaxation.

Tuesdays 17.30 to 19.15.

And in Topsham at the Estuary Clinic

Monday's from 12.30 until 14.00. Booking is essential due to limited places.

[Click for more about Neurogenic Yoga](#)

Hope to see you soon

Wishing you warmth and the best of times for 2018

With Love Jo xx