

NEW LEAF THERAPIES

NEWSLETTER

OCTOBER
2025 NO.1

Welcome

I'm thrilled to present the first edition of the New Leaf Therapies newsletter, and I hope it will be the first of many! Until now, I've been sharing updates via Instagram and Facebook. A friend of mine, who isn't on social media, asked how she could learn about my therapeutic services, which inspired the creation of this newsletter!

Where am I based?

In May this year, I moved into my own therapy room at Loddon Park Farm near Twyford. I've created a calm and inviting space for you, and hearing the birds singing outside the window is just lovely.

What do I offer?

New Leaf Therapies offers holistic wellbeing to children age 6+, young people and adults. I offer counselling, hypnotherapy and reiki.

Toolkit

Voo breathing technique

- Sit up straight, feet on the ground.
- Inhale deeply into your chest & belly.
- Make a deep voo sound as you exhale slowly. Feel the sound resonate through your body.
- Repeat cycle for several mins.

Upcoming Events

- **Women's Circle** - Monthly on Sunday 7.30pm - 9pm. 02/11, 07/12
- **Club Calm for kids** - Oct half term
- **Online Parenting Workshops** - dates to be announced.
- **SWANS** - Holistic Therapeutic Support programme for women. More details below.
- **Harvest Full Moon** - Tues 7th Oct
Abundance, transition & release

Contact Info

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Is this for you?

I love creating therapeutic programmes along side working with my private practice clients. Often people feel they would like some kind of wellbeing support, but aren't sure what for, or what that might look like.

Let me tell you more about one of the new programmes I've designed...
SWANS.

SWANS

Have you ever asked yourself the question since moving through a big life transition; changing career, separating from a partner or becoming a mum - Who am I?!

So many women feel they've lost touch with themselves - their identity, their passions, even their sense of direction. Your priorities shift, your body changes, your job may no longer fit, and somewhere along the way you get left behind.

This 12-week women's journey has been lovingly designed to help you reconnect with who you truly are. Through a unique blend of hypnotherapy, reiki, counselling and somatic practices you'll be intuitively supported to:

- Release what no longer serves you
- Reclaim your sense of self and identity
- Align with the life you truly desire
- Regain confidence and connect with your intuition

This is more than a programme - it's a safe, sacred space to be seen, supported and guided back to yourself.

If you're asking "Who am I?" - this is your invitation to find out.

To find out more about the investment into this programme please contact me at Danielle.newleaftherapies@gmail.com