

NEW LEAF THERAPIES

NEWSLETTER

NOVEMBER
2025 NO.2

Welcome

My first newsletter was a success! Thank you to all who read it and gave me feedback. I've been excited to write another one for you.

As the temperature drops, I've turned towards things that bring me warmth and comfort. My woollen jumpers, fluffy socks, soup and scarves (leopard print, of course!). What brings you comfort?

Evening Events

Each month I will be hosting evening events at my lovely therapy room. On Sunday 2nd November I am running my Women's Circle. In exchange for £20, you will receive 90 minutes of calm, relaxation and connection. Bring a blanket and a journal and enjoy a little bit of reiki healing too. It really is a lovely way to spend a Sunday evening.

On the 9th November, I am joining magical forces with Mel from Crystals U Love. We are both Reiki Masters and for £35 will be combining crystals and reiki for a truly wonderful evening of calm. Goodie bags too!

Toolkit

Grounding Technique Butterfly Hug

- Cross your hands over and link thumbs.
- Place hands on chest.
- Breathe deeply and slowly as you gently tap each hand alternately on your chest.
- Repeat - breathe - relax

Upcoming Events

- **Women's Circle** - Monthly on Sunday 7.30pm - 9pm. 02/11, 07/12
- **Reiki & Crystals Evening** - 9/11 7pm
- **Online Parenting Workshops** - dates to be announced.
- **SWANS** - Holistic Therapeutic Support programme for women.
- **November Moons** - 5/11 Full moon
Beaver moon - preparation, hard work & transition
20/11 New moon - transformation, introspection, setting intentions.

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Pause for thought...

The Power of Movement

How attuned are you to the connections between your mind and your body?

In today's fast-paced world, we often find ourselves trapped in our thoughts. We continually focus on the next five steps, dwell on past events, and worry over future possibilities. It's no surprise that we experience burnout and fatigue.

The insightful Bessel Van Der Kolk, author of 'The Body Keeps the Score', states, "In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past."

Letting go of emotions stored in our bodies is essential for achieving mental and physical well-being. We can do this by engaging in somatic practices, such as; yoga, tapping, breathwork, walking in nature and stretching. These activities can assist us in releasing accumulated stress, emotions, and traumas that have lingered for far too long.

Tune in to your body and listen; what is it telling you? The tight muscles in your shoulders, the nervous tummy or the tension headache are all ways that your body is communicating with you.

So, I encourage you to get moving and shed what no longer serves you, allowing yourself to feel lighter, more at ease, and rejuvenated.

If you're interested in mindful movement and would like more information or wish to join a class, reach out to **Dawn Kudzinowski** at **DK's Better Bodies** on Facebook or **dks_betterbodies** on Instagram. You can also connect with **Abi Giles** at **abigilesyoga** on Instagram or visit **www.abigilesyoga.com**.

Both of these incredible women offer movement classes that nourish, strengthen, and help you reconnect with your body. It truly is the best medicine.