

# The Root and Branch

Wholesome living services

March/April 2022

## DREAM THERAPY

Explore the subconscious  
mind with dream therapy

## FULL MOON WOMEN'S WELLNESS RETREAT

Connect from within in the beautiful  
Scottish Highlands

## DANCE IT OUT WITH BRONNERCISE

'Feel what's real' through  
dance

## HOLISTIC ZEN

Soothe your mind, body and soul  
naturally



# Hello Spring!

Welcome to our March/April issue.

As we head into the beautiful months of Spring we often start to feel more uplifted and energised. In this issue we have many services that can help put a spring back into your step. We explore dream therapy and the benefits of tapping into our subconscious mind. We talk about dancing, having fun and deep healing plus how holistic therapies can nourish your mind, body and soul naturally.

We also have some exciting news to share with you too. Check out page 9 to find out more.

Wishing you a happy and healthy Spring.

See you again in May.

With love & gratitude

*Anita* ♥



@therootandbranchmagazine



@rootandbranchmag

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# Joining us

## Bronnercise - 4

Unisex Fragrances

## Lemonwellmed - 5

Nutritional supplements to improve your health

## Sourceful Wellbeing - 6

### Danielle Rickwood Wellbeing

Women's wellness retreat

## Holistic Zen - 7

Soothe your mind, body and soul naturally

## Deep into Soul - 8

Connect to the subconscious mind with dream therapy

## KaliYogaWellness - 9

Wellness classes

## Root and Branch

coming to Fife and Edinburgh

## Nuyounulife - 10

Nutonic health & wellness products

## The Pet Stop - 11

Delivering pet happiness

## CottonCrabClothing - 12

Organic Indian cotton clothing

## Loving Humanity - 13

The empowerment of women & girls making a difference

## The littleroomofcalm - 14

Balancing the crown chakra

## Holding Space - 15

Are you feeding your feelings

## Thistle & Clay - 16

Mineral base cosmetic powders

## Soul Coaching - 17

Spring clean your life

## Aurora Fitness - 18

Life as a mum running my own business

## Safe Space Healing - 19

Helping mums find themselves in motherhood





**bronnercise**  
*feel what's real*

**class & event schedule**

**WEEKLY WEDNESDAYS**  
10-11.30am Outdoor Silent Disco Nia, The Fountains, Beveridge Park, Kirkcaldy

**NIA SMOOTH SATURDAYS (MONTHLY)**  
10-11.30am Outdoor Silent Disco Nia & sharing circle (sharing optional), The Fountains, Beveridge Park, Kirkcaldy (NB: Class on last Saturday of each month)

**SATURDAY NIGHT DISCO (MONTHLY)**  
7-8.30pm Disco & sharing circle (dressing up & sharing optional), The Space Upstairs, Burntisland (NB: Class on last Saturday of each month)

**Class Schedule**  
All classes £12. Concessions £10. Contact me to book & for more information

**MARCH**  
\*Sun 6th, 10am-3pm **Re-awakening Retreat** (Interactive workshop to release the unwanted, dance Nia to shake it off) Kinross. Hosted by 'The Reiki Room' £75  
\*Sat 26th, 10am-4pm **Post Pandemic Reset** (EMDR, Yoga, Nia). Hosted by Dr Emma Williams at St Cuthberts Church Hall, Edinburgh £95  
PM if interested in March events

**Event Schedule**  
**APRIL**  
\*Sat 2nd, 1-4pm **Feel Your Way to Focus** (Nia, Sound journey with Emma Hutchinson, Disco, Sharing Circle). Beetroot Sauvage, Edinburgh £35  
\*Sat 16th - Sun 17th **Fire-up your life** (Nia, Firewalk, Yoga, Dance & Share) in collaboration with Aphra of Spaghettis Tattoos. Camp overnight. Kinross (Price TBC)  
**MAY**  
\*Sun 1st, 10am-1pm **Feel Your Way to Fantastic** (Nia, Soundbath, Disco, Sharing Circle) with 'Special Guest'. Beetroot Sauvage, Edinburgh £35

Book April & May events at eventbrite by searching event name

Based in Fife. Events also in Kinross, Edinburgh & beyond

FOR MORE CLASS INFORMATION PLEASE CONTACT  
bronwynytutty@gmail.com | PH: 07 397 147 638 | IG & FB: @bronnercise



## 'Feel What's Real' through dance

Hi, I'm Bronwyn, a Kiwi girl with a passion for making the most of my one sweet life, properly connecting with others and wrapping this all up by leading mindful movement through Nia and Disco classes and events.

I took my first Nia class in 2017 as a newly single mum to a then 3-year-old. At the time Nia held me together, helping me to work through deep trauma, build confidence, get fit, focus on the now and to create an ongoing relationship with sensation and joy in my body. I started teaching Nia in 2019 after taking the White Belt Intensive Training in Burntisland.

Nia is about the Joy of Movement and tuning into "your bodies' way". Routines are sophisticatedly crafted to take you on a journey with your body, mind, emotions, and spirit. The music is really powerful. As a teacher I'm there to guide you to listen to what your body might be trying to tell you. I'm incredibly passionate about supporting folk to embark on a journey of feeling better in their now body and life.

Disco classes are about having FUN. If you're worried you won't fit in or need a few drinks, I will comfortably guide you through that. Remember, taking the step to come is often the hardest part! Disco is a great way to shake off the week and not take life so seriously.

All classes and events are not about 'getting it right, having rhythm, being fit, a particular shape or size or about having the right gear'.

I also own natural skincare business Bodylushious. Life is happening and I'm being called to focus more on the dance side of life. I'm therefore looking to sell Bodylushious. If you would like to have a conversation about being the next owner, please get in touch.

IG:BRONNERCISE

FB:BRONNERCISE





## Nutritional supplements to improve your health and wellbeing

Vitamins and minerals are essential to helping your body develop and function as it should. While some people can get what's recommended by eating healthy, others need a little extra nutrient boost. That's where **Lemon Well Med** comes in – providing you with the support your body needs.

Using highly bioavailable forms, our liposomal range of nutritional supplements give you **targeted support**. Our supplements deliver ultimate absorption for improved health and wellbeing, boosting energy, improving your immune system, and helping you feel better.

Two of our most popular products are **Vitamin C**, **Vitamin D3 and K2 with magnesium**

Vitamin C helps form and maintain bones, skin, and blood vessels. It is also an antioxidant. By keeping blood levels high, Vitamin C can decrease the symptoms and durations of colds and infections.

Vitamin C contributes to the normal function of gums and teeth, the immune system and the nervous system, gives a normal release of energy for use in the body, meaning a reduction of tiredness and fatigue and aides increased absorption of iron.



Vitamin C also helps maintain the normal function of the immune system during and after intense physical exercise.

Our bodies can't make or store it, so we need to make sure we are getting enough in our diets or by taking supplements.

The combination of vitamins D3 and K2 with magnesium increases the calcium intake in the bones, contributes to normal energy management and has a positive influence on the functioning of the nervous system.

**Magnesium** is known to help reduce tiredness and fatigue and maintains bones and teeth.



**Vitamin D** contributes to the normal absorption and use of calcium and phosphorus, and to the normal function of the immune system and the process of cell division.

**Vitamin K** contributes to normal blood clotting and the maintenance of normal bones.

Please contact us if you are a practitioner to find out whether you are eligible for practitioner discounts.

**For our full range of Liposomal products please visit [www.lemonwellmed.co.uk/health-products/shop/](http://www.lemonwellmed.co.uk/health-products/shop/)**

# Connect From Within

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## Full Moon Women's Wellness Retreat



### JOIN US FOR A RESTORATIVE WEEKEND OF NURTURING AND CONNECTION

We are over the moon to bring you a very special wellness retreat in the stunning surroundings of the Scottish Highlands at an exclusive and beautiful location.

Join us for a laid back yet energising weekend celebrating all things feminine including our connection to the cycles of the moon, the seasons and our own journey as women. Exploring the concepts of the full moon within us we'll be awakening this inner super-power through a journey of meditation, movement and sound.

Your hosts will be Suz McDonald and Danielle Rickwood. Suz is a certified Theta Healing Master Instructor, a Reiki Master Teacher, a sound therapist and a yoga teacher (RYT200). Danielle is a women's wellness practitioner, owner of lifestyle brand - Living the Luna Life and Founder of The Peaceful Period. Together they bring a unique fusion of their skills, knowledge and intuitive understanding of the mind, body and spirit to enable a connection from within.

To book and enquire:

Website: <https://www.tickettailor.com/events/sourcefulme/640892#>

Email: [hello@sourceful.me](mailto:hello@sourceful.me)

Social Media Suz: <https://linktr.ee/SourcefulMe>

Social Media Danielle: <https://linktr.ee/thepeacefulperiod>





# Soothe your mind, body & soul naturally

I am Lisa Sugden, the face behind Holistic Zen and I am a Reiki Master / Teacher based in Lumphanan, Aberdeenshire. I provide a range of natural healing therapies, to nourish your well-being for mind, body, spirit and soul wellness.

I have worked with clients for 10 years, helping reduce anxiety and stress, and boosting relaxation with natural healing.

Reiki is a wonderful, non invasive healing modality which works on all levels; physically, mentally and emotionally. Reiki is very profound and is becoming more and more popular as an alternative complimentary therapy. Reiki healing can be received in person as well as distantly from the comfort of your own home.

I provide training in all levels of Reiki also.

## Benefits of Reiki:

- Helps reduce inflammation
- Reduces stress
- Promotes better sleep
- Improves mood
- Can help with physical and emotional pain
- Increases relaxation
- Eases tension
- Promotes harmony and balance
- Supports the immune system

As well as Reiki, I practice Hopi Ear Candling too, which can significantly help with sinus issues, tinnitus and for those who suffer from headaches and migraines. This is also a non invasive, relaxing therapy.

## Other services available are:

- Oracle / Tarot card readings
- Eyelash / Eyebrow Tinting
- Facials

I will be adding to my services in the near future and these will be found on my website at a later date - [www.holisticzen.co.uk](http://www.holisticzen.co.uk)

To book an appointment or get in touch, please contact

**Lisa on 07412291929**  
**Facebook.com/HolisticZen**  
**Instagram.com/\_holisticzen\_**







## DREAM THERAPY WITH DEEP INTO SOUL

Dreams have been used for thousands of years as a way to connect with the self, and improve health. In Ancient Egypt and Greece, dream temples were built as sacred healing spaces for all. Indians, Tibetans were known to work with the oneiric world in order to reach enlightenment. Shamans, from all part of the world, still are connecting to dreams in order to bring back special diamonds to their patient's consciousness, empower and cure them.

My name is Charlotte, I am a dream therapist and energy healer at Deep into Soul. I started my dream work journey when I was a teenager as a patient, and would like to share this gold mine with you today.

The unconscious mind, according to Freud, is the part of the mind you cannot see, yet such an important one. Our emotions, feelings, experiences, are stored there, waiting for us to explore, release and work with them.

Dream therapy is a way to approach and reveal the unlimited treasures of the unconscious mind. The therapist guides his client to connect with his dream world. Together they bring back awareness in order to heal and, create new narratives affecting positively the conscious mind.

### **Dream's work potential:**

The unconscious mind unveils the root of our emotions.

This work brings us more clarity about ourselves, but also about the next step we need to take towards our well-being.

Observing and being conscious about dreams can be very meditative, we strengthen our mindfulness practice and awareness.

New healthy patterns can be generated, affecting favourably the conscious mind.

We learn about ourselves in a deeper, more authentic way. There is no way to hide, and a constant reminder that we have to be very gentle with ourselves.

A connection to traumas and fears is created. This is a safe, soft space to explore and free them.

You can also work with recurring nightmares, tame and finally let them go.

You can find some of your power back. You are no longer unresponsive, but take action and make change.

You build healthier, happier, and more creative ways to lead your life.

I created Deep into Soul with this fire, passion for healing and self-development. Combining energy healing, dream therapy and meditation help me create a unique way to support you to grow and, shine brightly. I am so proud today to be able to help women turn their fears, their blockages into empowerment, healing and strength.

Do not hesitate to contact me if you wish to discover more about it or have a chat with me, I would be delighted to connect with you.



**IG:deepintosoul**



**[www.deepintosoul.com](http://www.deepintosoul.com)**





## Wellbeing classes in the heart of Ellon, Aberdeenshire

[kaliyogawellness.com](http://kaliyogawellness.com)

Kali Yoga & Wellness in the heart of Ellon, 20 mins from Aberdeen, Peterhead and Inverurie.

We welcome you to our beautiful, safe, space where you can find yoga, yoga therapy, pilates, sound baths and alternative therapies to support your life journey.

Please feel free to contact us on [info@kaliyogawellness.com](mailto:info@kaliyogawellness.com) for more information on classes, upcoming workshops or therapies.

We also welcome enquiries for hiring the space, including teachers and therapists who would love to join our growing community.

IG:kaliyogawellnessellon  
FB:kaliyogawellness

## Bringing the Root and Branch to Fife & Edinburgh

### ROOT & BRANCH *magazine*

VOL.1.1/2022

LOCAL HEALTH AND WELLBEING



COMING TO  
EDINBURGH &  
FIFE, MAY 2022.

Coming to  
Edinburgh/Fife in May  
2022 - friendly and  
supportive advertising  
services for small  
wholesome living  
businesses.

#### JOIN OUR COMMUNITY!

Join us and let us  
support your health and  
wellbeing business. We  
help you be seen.



*Blanche*

Managing Editor  
Edinburgh/Fife  
Publications.

[www.rootandbranchmagazine.co.uk](http://www.rootandbranchmagazine.co.uk)

To join us in our first issue contact [blanche@rootandbranchmagazine.co.uk](mailto:blanche@rootandbranchmagazine.co.uk)



## Nutonic health and wellness products

[nuyounulife.nutonic.com](http://nuyounulife.nutonic.com)

Hi I'm Jacqui and I live in Aberdeen. I'm an ex MUA and an non practising Reiki Healer.

I've always been interested in natural health and wellness products. In April 2021 Nutonic was launched and I became a founder member/distributor. I was looking for products to give me better health and also to help me lose weight without going on a fad diet, and that was when I was introduced to Nutonic.

We have 22 products which come in 4 ranges;

Weight management

Hemp

Skincare

Health & Wellness

All of our products are made with the highest quality of ingredients and are GMP Certified, Non GMO, Cruelty Free and up to 90% Vegan.

Jerry and Kim Booth are the owners of Nutonic both originally from the UK and they wanted to bring cutting edge all natural products to their customers via a drop ship online market place.

Nutonic has put together an innovative, dynamic, and experienced team from doctors, marketers, business and nutrition dedicated to changing and enhancing lives. Owners Jerry and Kim also want to give individuals an opportunity to make an extra income from home too.

The company have 4 pillars core values which are family values, ethical working conditions, culture and fun creating an environment which would give everyone an even better chance of owning a successful business. I get paid for selling the products and have lost nearly 4 stone as well.

For more information on our products, please contact me direct on [nuyounulife@gmail.com](mailto:nuyounulife@gmail.com).

EBook: <http://nutoniclookbook.com/books/ewrh/#p=1>

FB:Jacqui Johnston

IG:nuyou\_nulife\_millionaire\_mindset





## The Pet Stop - Delivering Pet Happiness [www.thepetstopgrampian.co.uk](http://www.thepetstopgrampian.co.uk)

For those without a pet it may seem a little strange for a pet store article in Root & Branch magazine, but for those who do, we know the huge benefits to our wellbeing and mental health, helping lessen stress and anxiety, probably heightened during the pandemic with owners isolated with only their pet as company and daily focus. We are obviously their world too by the unconditional love they show us (perhaps some days more than others, as they don't really realise there is a problem in stealing rogue socks). Some great information on the benefits of pet ownership can be found on The Mental Health Foundation website.

The Pet Stop began approx. 2.5 years ago following my own dog Barney's allergy diagnosis, leading me to research dog foods, finding I could supply myself and others, with my own, clearly labelled food (derivative free), in recyclable packaging. Farmers markets were my shop window for approx. 2 years, whilst working full-time in the O&G industry. A regular question from market customers was "Do you have a shop", which led me to think "hmm maybe I need to open a shop", leading to an uncharacteristic leap of faith, saying bye bye employment and hello The Pet Stop, Ellon.

Fitting the premises with upcycled furniture, recycling wooden pallets and wooden cable drums, has given a greater sense of satisfaction with the look mirroring the owner, quirky and a work in progress. Items stocked in the "Cat's Corner", "Dog Dept" and "Other Beasties", where possible, are loose / in non-plastic packaging and from local suppliers supporting the shop local ethos. I try to offer a service as well as products by delivering to people finding themselves in COVID isolation or unfit to shop for their beloved pets.

**Would love to see you - pets very welcome**

IG:thepetstop\_g

FB:@thepetstopgrampian

# ORGANIC INDIAN COTTON CLOTHING

**COTTONCRABCLOTHING.CO.UK**

Hello, I'm Natalie, founder of CottonCrab Clothing, lovely to e-meet you!

I am a sustainable, ethical, vegan clothing brand, offering Men's, Women's, Children's and Unisex clothing and accessories, with people & the planet at the heart of everything I do.

All my products use 100% GOTS Certified Organic Indian Cotton. They are made in Fair Wear Foundation Certified facilities and PETA Certified.

I have two areas of the company. Made by Me where I have taken a little adventure into designing and making products myself. All other products are made by a lovely eco friendly printing company, Inkthreadable.

I support The Circle's, an NGO founded by Annie Lennox, Living Wage for Garment Workers Project with 5% donated from all purchases.

My gorgeous beanie hats are back in stock too!

I can't wait to connect with you all!

Natalie & The CottonCrabs

**Etsy**

<https://www.etsy.com/uk/shop/CottonCrabClothing>

**Facebook**

<https://www.facebook.com/cottoncrab/>

**Instagram**

<https://www.instagram.com/cottoncrabclothing/?hl=en>

**TikTok**

<https://vm.tiktok.com/ZM8J5P8Wn/>







## **Founder Amy Peake at Loving Humanity shares her journey on the empowerment of women and girls making a difference**

In 2014 Amy picked up a magazine while waiting for her doctor's appointment. She stumbled across a photograph which would change her life and impact the lives of thousands of others.

She saw an image of Yarmouk refugee camp in Damascus with 18,000 people queuing for bread. In the foreground was a woman and Amy imagined herself there with her children and wondered how on earth she would cope. The thoughts ranged from sheer terror at the size of the crowd, to how she would look after her children and finally to how women cope with their periods in conflict zones?

This question has led Amy on a journey all over the world resolute in her determination to find a solution to this problem. In Jordan, Amy worked alongside UNHCR to understand the desperation of not only the monthly shortages for sanitary pads, but also the ever-present need for nappies for babies, children and adults affected by trauma, disability and age. In 2016 she opened her first factory in Zaatari refugee camp five miles south of the Syrian border where they employed thirty of the most vulnerable women in the camp.

She founded Loving Humanity as a UK registered charity in 2019 and now works globally to address the inequality that exists as a result of NOT educating millions of girls all over the world. Amy is passionate about correcting the imbalance of the masculine and feminine so that once addressed the world can finally heal.

The best way to support Loving Humanity is by joining The Heart via their website and give a monthly donation. Most people give £5 a month which buys enough raw material to make 167 sanitary pads and helps 16 girls a month to stay in school! [www.lovinghumanity.org.uk](http://www.lovinghumanity.org.uk)

**IG:Loving\_humanity**

**[www.lovinghumanity.org.uk](http://www.lovinghumanity.org.uk)**





## Balancing the Crown Chakra for universal connection and spirituality

**thelittleroomofcalm**

The word 'Chakra' originates from Sanskrit and translates to mean 'wheel' which is how these seven energy centres appear, as vortexes of energy that interact with one another and the systems within our bodies. They work together to regulate 'chi' which is our life force and energy. Our Chi flows between these energy centres through pathways called meridians. It is thought that blockages within these energy centres and meridians, which can be caused by physical injury, trauma and emotional stress can interrupt the flow of Chi and can cause physiological symptoms. Balancing our chakras has been reported to bring about an increase in energy, vitality and overall sense of wellbeing.

This article will focus on the Crown Chakra, also known as the Sahasrara Chakra the pinnacle of all seven chakras. The Crown Chakra, located at the top of the head, may become imbalanced when we are allowing Ego to drive our consciousness and actions. When we are preoccupied with self and not recognising our connection within the universal energy. That with every thought, action and deed, we create ripples of energy that cause an effect in our outer worlds. The people we meet, the interactions we have and our environments. We can balance this chakra in a number of ways to restore the free flow of chi.

Close your eyes and visualise bright white light within this chakra, radiating upwards like a beam reaching up toward the sky. Fresh water and high alkaline foods such as leafy greens can be really helpful in balancing the crown chakra. Some people even report that fasting for short periods has brought more clarity to the mind (although this should be done responsibly and with care, particularly if there are any health conditions). Carrying clear quartz crystal and burning spiritual Frankincense essential oil or popping a little in a bath are additional means of balancing the Crown Chakra. Repeating the affirmation "I am a divine being of light and I choose to embody compassion and love in everything I am and I do" throughout your day can also help to bring awareness to our thoughts and when Ego may be creating unhelpful patterns, causing blocks in our lives. A return to our true essence of pure love and connection.

Whichever form of balancing you choose, ensuring that it is a loving and nurturing act of self-care is most important.

With much love and light.  
Chantal x

FB:the-little-room-of-calm

IG:@thelittleroomofcalm





## Are You Feeding Your Feelings?

With the dark nights starting to wane, your thoughts might start turning to shedding the layers – of clothing or your weight.

Emotional eating can be a way of suppressing or soothing our emotions such as stress, fear, boredom, sadness or loneliness. Life events or daily life can trigger emotions that lead to emotional eating and upset your weight-loss efforts.

Negative associations with food have usually been conditioned by our parents, our environment or our experiences, so the goal is to change your tastes and introduce small habits so that you eat 'proper' food, meaning that the calories then take care of themselves.

If you do eat something 'bad', do you experience feelings of guilt or shame? Giving yourself permission to eat what you want but in smaller quantities and savouring it (mindful eating) is the key. If that food is not enough to satisfy you, however, then there is usually something else going on emotionally that you may wish to explore.

Our overuse of sugar has also become an addiction. Sugar does not love us or our bodies and yet we use it as a substitute for just that. Sweetness is hardwired into us when we are born but it is when we start to use it as an emotional crutch that it becomes difficult to stop.

No amount of chocolate will satisfy your hunger or fill the emptiness if what you really want is a relationship, friendship or human connection.

With 95% of the body's serotonin living in our guts, and influencing our moods and emotions, a better diet will help us stay healthier with a more positive mindset.

The Bach Flower Remedies are one way in which you can naturally reduce any worries, stress or anxieties around emotional eating. Using the system, Kim will create a personalised mix for you. There are also essential oils which help to support appetite, metabolism or linked emotions.

Kim is a Bach Foundation Registered Practitioner (BFRP) with a passion for supporting emotional well-being naturally. For more information or a chat about the positive potential of these therapies, get in touch.

**E: [holding.space@outlook.com](mailto:holding.space@outlook.com)**

**FB/Insta: [@holdingyourspace](https://www.facebook.com/holdingyourspace)**

**Mobile: 07725825969**



**[www.holdingyourspace.co.uk](http://www.holdingyourspace.co.uk)**

# Thistle & Clay

## Mineral Base

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## SPRING CLEAN YOUR LIFE WITH SOUL COACHING

An infusion of body, mind and spiritual practices to help move you towards an extraordinary and magical life

As a collective we're being called to expand our awareness beyond the ordinary. We were all born with the potential to live the most wondrous and rewarding life but for many, this feels so out of reach.

Science confirms that everything carries an energetic vibration. This includes our thoughts, emotions and actions; all of which directly impact our life and that of those around us too.

We are all connected by energy.

### Consider these tips to help you raise your frequency:

- Choose kind words. Be mindful of your energy exchanges; choose healthy conversation over gossip and practice positive self-talk.
- Healthy boundaries. Our time is precious. Delegate or look for ways to reduce your burdens. Make time for rest and play and say No if that's what your heart tells you.
- Live your truth. When we try to fit in with the crowd we disconnect from our true nature. We've been conditioned to listen to our head instead of our heart. Embrace your uniqueness and discover a new found happiness. Be honest with yourself and others.
- Learn to forgive, accept and move on. All we have is the present moment so holding on to trauma or worry is heaviness that can lead to dis-ease. We all experience hard times but the secret to happiness is acceptance and letting go.
- Treat each day as a new start. Practice going with the flow and remember nothing is permanent. Allow your intuition to guide you to the right choices that day without being too attached to any particular outcome.

Laura is offering a Spring readers discount of 20% off all coaching packages between now and 30th of April. Quote 'Root and Branch'. Laura also runs bespoke workshops for business; details on request.

**You'll find Laura on Instagram @laura.soulcoach**

**IG:@laura.soulcoach**

# LIFE AS A MUM 'RUNNING' MY OWN BUSINESS

As a part time working mum I am lucky to be able to do what I love, teaching Pilates along side watching my wild and wonderful son grow up. Motherhood and work are two things that can be a struggle for many women to balance and not too long ago I settled into life as a stay at home mum. However, having always loved fitness, health and exercise and having considered training as a Pilates Instructor in the past I took the jump to create my own small business where I could combine doing Pilates both for my own health and enjoyment as well as for work.

Before having my son nearly three years ago I had planned to return to work in the NHS however, like many others I had always dreamt that when I became a mum I would be able to stay at home with the goal to start a small business in the long term. I guess you could say my dream came true and I am lucky to have the support of my family for childcare. I wouldn't be able to run my classes if it wasn't for their help.

As a Pilates Instructor I love that I can share the positive impact that comes from Joseph Pilates method of exercise. All abilities and ages (over 16) are welcome to attend sessions. Pilates is a great way to meet others whilst keeping strong and healthy. Classes teach low impact strength exercises which are performed in order to mobilise the body. Pilates is perfect for those who want to take a gentle approach to strength training and fitness. Movements improves posture, strength, flexibility and encourages improved relaxation as well as benefitting stress management and rehabilitation. The benefits of coming to regular Pilates sessions really are possible for everyone to experience.



Check out my social media pages for more information on classes in Aberdeenshire. Available both at my favourite locations or join online.

Email:[aurorafitness.chloe@gmail.com](mailto:aurorafitness.chloe@gmail.com)

FB:AuroraFitness  
IG:aurorafitness.chloe





# SAFE SPACE HEALING

Helping mums find themselves in  
motherhood

At Safe Space Healing I understand that becoming a mummy is so rewarding in so many ways but it can also be an emotional rollercoaster that no one can prepare you for. The challenges you face emotionally can leave you feeling like you have experienced every emotion on the spectrum before 9am.

As mothers we put our families first and sometimes to the detriment of ourselves, this is a community where I offer support and help overcome the emotions and triggers which we face. Being a mother sometimes the lines between self and mummy get very blurred and our own healing and care often take a back burner. As a hypnotherapist and coach I offer support, guidance and direction so mothers can heal and be the best versions of themselves



JOIN OUR FACEBOOK GROUP  
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## The Root and Branch

Wholesome living services

Jan/Feb 2022

### SLOW LIVING EVENTS

Conscious living events to help  
support you and the planet

### FROM SUFFOLK WITH LOVE

A little bit of kindness in a gift box

### HOLDING SPACE

Bach Flower Remedies to help the  
winter blues

### SMELLY TREES

Unisex fragrances made from  
100% pure, sustainably  
harvested conifer tree oils



## The Root and Branch

Wholesome living services

March/April 2022

### DREAM THERAPY

Explore the subconscious  
mind with dream therapy

### FULL MOON WOMEN'S WELLNESS RETREAT

Connect from within in the beautiful  
Scottish Highlands

### DANCE IT OUT WITH BRONNERCISE

'Feel what's real' through  
dance

### HOLISTIC ZEN

Soothe your mind, body and soul  
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