

The Root and Branch

Wholesome living services



Welcome to our Root and Branch Newsletter

We are excited to provide you with our very first newsletter and although we are not able to offer our usual Christmas issue of the Root and Branch Magazine this year, we hope that you find our newsletter just as engaging and supportive. As always, our wish is to connect you with wholesome living services that are here to support your overall health and wellbeing during the Winter months

Happy reading ♥

Recently I watched a lovely short movie called 'The Shift' by Dr. Wayne Dyer. It was very thought provoking and truly enlightening.

Wayne talks about "shifting our perspective and aligning our thoughts and intentions with our true purpose". Sounds simple, doesn't it? But some of us struggle to know what our true purpose is. We all have our own personal journey in our lifetime but it is easy to lose all perspective on how to live our 'best life'. We can stumble across many obstacles, fall into the trap of 'doing' and 'following' what others expect of us and simply disconnect from who we really are and what our true calling is. This is where Wayne can help us to reconnect within, and align our thoughts and intentions to be the best version of ourselves.

If you are on a soul searching journey and feel a little stuck then I fully recommend 'The Shift' to see what it brings up for you.

Watch for free on Vimeo.com

"When you change the way you look at things, the things you look at change." Wayne Dyer

CATCHUP

In this edition of our newsletter we bring you a small selection of wholesome living services to uplift and nurture your health and wellbeing. However, should you not find what you are looking for you can also catch up on all of our previous issues by visiting rootandbranchmagazine.co.uk

Don't forget you can contact all of our services direct via our website too



LAURA HORSBURGH

Try Belief Coding ®

A powerful healing modality that gets to the root cause of your discomforts in a safe and supportive way so you heal and transform your life



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SOUL
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A wellness studio in the heart of Ellon,
supporting the mental & physical well-being of
the community and beyond

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HOLDING SPACE

To raise your vibration this Winter, take time out to nourish your wellbeing and positive potential with some natural remedies



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My Yoga Yoga

Yoga does not just change the way we see things, it transforms the person who sees

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With your trauma unblocked, your true potential is unlocked
Work with me to align and shine



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HolisticZen

Offering a selection of holistic treatments to heal your mind, body and soul along with Reiki training courses throughout the year



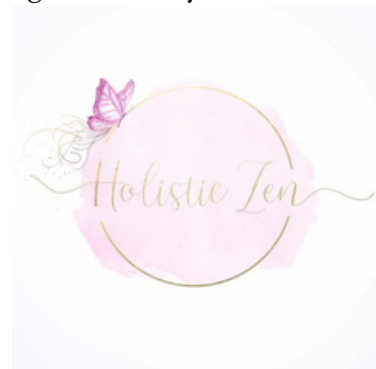
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“After a year off we are thrilled to announce the return of our Christmas Conscious Market hosted by Slow Living Events”



SLOW LIVING
EVENTS



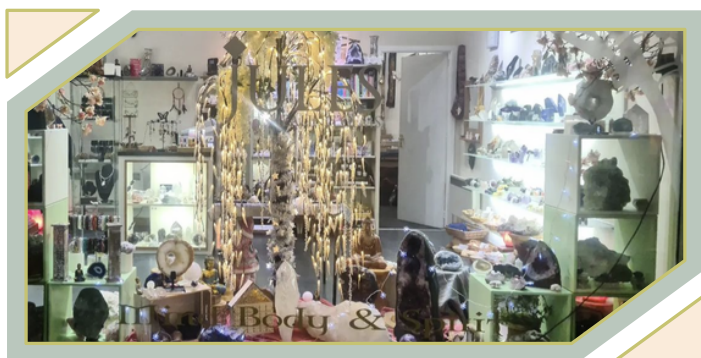
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Join us every
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730pm on our Facebook
live show



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DAVID TYRRELL AURAMISTS



AuraMists support personal wellbeing and can be used as tools to assist with relaxation, meditation, enhanced connection, being at ease, life transitions and personal healing.



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MERRY
Christmas

AND HAPPY NEW YEAR

Thank you for all of your continued support
throughout 2023
See you again in 2024 x