

May 5th 2020

Greetings!

Our early May Bank Holiday is coming up this Friday and it's different from the usual Monday, so that it coincides with the 75th Anniversary of VE Day. Thinking about what we as a nation and world are going through at the moment reminds me of the resilience that the wartime generation must have had to get through their terrible times. I don't think it's a coincidence that when it really matters we do all pull together for the greater good. I hope it continues long after we are able to return to some sort of normal living. With this in mind I offer you some FREE resources below to help get through the next stage of this pandemic and build your resilience.



These are difficult times for everyone. And for those of us who know the power of Touch it's particularly painful as we're desperately missing our regular sessions, whether that's massage or a simple manicure! So it's time to get creative: NO HANDS Massage founder & creator, Gerry Pyves, has put together three GREAT resources to help us all navigate through these "Covid Times" and emerge as strong as you can:

[The 4 Breaths](#): (I've talked about this one in a previous email) A lot of people talk about THE BREATH – "Now, just BREATHE..." and each session I invite you to focus on your breath...but this takes it even deeper. Gerry talks you through the theory behind WHY the breath is so important, shares with you a guided meditation AND talks you through how to make the most of the meditation.

[The Three Primal Movements](#): another meditation, but one that actively encourages you to move, and this one follows on beautifully from the 4 breaths. Learn the three primal movements of self-soothing that have been used instinctually for millennia - and how to incorporate these into a gentle and powerful meditation. Again, Gerry includes a full guided meditation, explanation of the theory behind these Three Primal Movements and tips to make the most of the meditation.

[Effective Communication](#): if ever you've felt "missed" in a conversation or trapped in conflict with friends, family or colleagues, Effective Communication is for you. I love this course! Learn the communication concepts that have transformed millions of lives over the past 6 decades - and be guided through simple exercises to put this learning into practice straight away.

These three tools make up the completely-free TOOLS FOR RESILIENCE bundle Gerry's put together. I'm already using these tools for myself on a regular basis - I really encourage you to get stuck in too! Accessing this bundle is as simple as [clicking here!](#)

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In the next newsletter I shall give you some recipes for home-made hand care products, but in the meantime you can still place orders for a limited selection of products that I will post out to you free of charge.

[ONLINE ORDER FORM](#)

You can also buy gift vouchers for loved ones or for yourself to use when we are open again. Don't worry, the usual 12 month expiry date won't start till the day we re-open.

[BUY GIFT VOUCHERS HERE](#)

STAY HOME - PROTECT THE NHS- SAVE LIVES

When we were out clapping for carers last Thursday there was the most amazing rainbow that came out just at the same time, it was as if the universe knew!



Stay safe until next time,  
Wendy.

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