

GTHF UPDATE



Newsletter of Gemma Taylor Health & Fitness Issue 3 – August 2023



Welcome

We're well into Summer now - the year is flying by!
I hope that you are feeling good and staying healthy.
Enjoy the content below and the bank holiday later this month.

What's been happening...

I am currently training to teach Yoga Nidra, which I love, and can't wait to be able to share this meditation/relaxation technique with you all. Once I've passed my exams and got my qualification, I hope to run Yoga Nidra classes and workshops.

I've also been working on Social Media marketing and hopefully you will have seen some of my posts lately. Please follow me on Facebook, Twitter, LinkedIn and YouTube (links below). Please also share with friends, family, colleagues and anybody you think would benefit from feeling healthier.

Blog...

You can read July's blog on 'Monkey Mind' here:

www.gemmataylorhealthfitness.co.uk/blog/what-is-monkey-mind-and-what-can-we-do-to-control-how-it-affects-us

YouTube Channel...

My YouTube channel is now live and I have been publishing my 'Pilates Library' - a series of short videos on how to perform individual Pilates exercises.

I hope to be putting up short workout videos soon too, these are currently in the process of filming and editing.

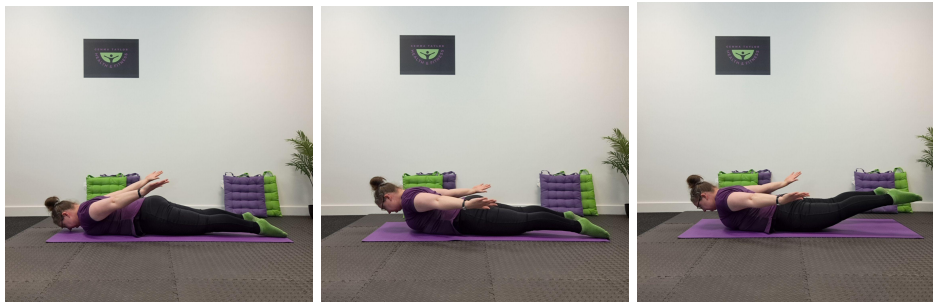
You can visit here: https://www.youtube.com/channel/UCTmjaaSF-iGtumz_ymTS7Zg

Feature Pilates Exercise...

The Boat:

Works on strengthening the back muscles.

The Boat works many muscles through the back of the body, and has a great rhythm to it. Depending on your experience with Pilates and fitness levels you can choose to work just the arms, the arms with upper body, or add the legs too.



You can see a full video on how to perform the Boat exercise here:

<https://youtu.be/eDis2zWQB4s>

Dates for the Diary...

15th August - Relaxation Day



A day to unwind - to focus on relaxing and taking care of yourself.

Stress can be very harmful to our mind and body.

Try to have some time on this day to have a digital detox, turn off your devices and go a while without technology.

Have a listen to my 'Antar Mouna Meditation' audio recording that I will be releasing specially for Relaxation Day. Watch out for it on my social media.

Offer: Treat yourself this Relaxation Day

20% off any 1to1 course purchased on this day (Sleep, Meditation, YogaBreath)

Use code 20RELAX23 when making purchase to get your 20% off (valid 15/8/23 only)

"It is better to make many small steps in the right direction, than to make a great leap forward only to stumble backward".

Proverb

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