

Welcome to Alma Oasis

NEWSLETTER



Source: Jessie Borsellino (Skills Camp)

THOUGHT FOR THE DAY

Summer is a state of mind

Summer is not a season; it is a feeling of being able to discover and explore endless possibilities

PEARLS OF WISDOM

Take a Break

Sometimes the most productive thing you can do is relax

- Mark Black

WHAT'S NEW?

Free taster sessions

Short sessions of all offerings are now available – [contact us](#) to secure your free taster booking for a service of your choice!

Take time during the summer to pause, rest & reflect on what is the mid-point of the year. You've come such a long way - be kind to yourself and allow yourself the luxury of simply being.

Read a book. Spend time outdoors. Picnic in the park. Have a morning lie-in. Walk in the woods. Stroll along a beach. Laugh with loved ones. Go for a run. Try out a morning swim. Live.

Cherish the little moments and make meaningful memories this summer.

- Vivian Dias

Summertime blues

Summertime tends to conjure memories of blue cornflowers, clear skies, golden tans, sun-kissed beach bodies, holiday travels, pub jaunts, lazy summer afternoons, long summer nights, alfresco meals, barbecue get-togethers, cold beers, pimm's, strawberries & cream amongst countless other lovely things.

As with everything else, the world's media and marketing companies do a great job of convincing you to 'live the dream' by cramming the summer weeks with as much 'fun activities' as possible. Mindlessly, we subscribe to the need to be seen as 'having a fun summer' to reinforce our place in society and seeking validation from others by swapping stories about our summer plans.

The idea that you could just 'be & exist' and not buy into the constant stream of "summer offerings" is pretty daunting to most of us – because being still requires facing deeper questions about oneself. Perversely, as humans, we seek comfort in the 'busy-ness' of life to avoid dealing with our basic need of being loved. What I mean by this is that, if I keep myself busy focussed on my fitness, then I don't need to think about whether I am loved irrespective of the shape and fitness levels of my human body. If I keep myself busy planning the perfect holiday with loved ones, then I don't have to wonder whether I am worthy of love if I don't show that I can be useful to loved ones. If I keep myself busy with a constant stream of social events to attend, then I don't have to consider whether I'm loved simply because of who I am instead of my ability to be a social butterfly.

The vicious circle then continues because the energy expended in 'keeping busy' is draining and exhausting to the extent that as we near the end of summer, we are hit with 'summertime blues' – whereby the prospect of darker days, longer nights, colder climate gets us feeling low and gloomy; as summer turns into autumn and fades into winter.

Tackling this conundrum at root cause level requires one to keep 'self-love' at the centre of everything we do – irrespective of the seasons. Summertime is about making the most of warmer days – however, this doesn't necessarily mean that you have to spend a lot of time, effort and money on things that are mainly superficial; in fact, if you focus on truly nourishing your body and soul during this time, then the ability to feel rested, relaxed and rejuvenated increases ten-fold. Dipping your feet in soft sand with waves gently lapping against you has just as much power to invigorate your senses than a fancy, expensive spa treatment. Trekking up a hillside on a lovely day will go a long way in clocking up steps compared to spending an hour in the gym.

Embrace nature in what you choose to do during this summer – because in addition to being relatively less costly than all the marketing gimmicks on offer, being in the fresh outdoors has the added advantage of lifting up your spirit and healing your heart and soul in the way that truly matters, giving you the inner boost needed to be able to lean into seasonal changes that serve as a poignant reminder that all things in life are cyclical.

On that note, I wish all of you a lovely wonderful summertime filled with lots of precious, meaningful memories.

Love, light & blessings,
Vivian Gloria Rose