

# March Newsletter



Hello Everybody,

Its nearly springtime, and for some the winter months can seem like a lifetime. As we approach the spring season, the winter months can feel like they have been dragging on forever.

But this month brings renewed hope for warmer and brighter days as the spring equinox draws near. The spring equinox is a special moment when the sun crosses the celestial equator, making day and night of equal length all over the world. This event holds great significance for many cultures, marking the beginning of a new season and a time for renewal and growth.

The equinox is often seen as a symbol of balance and harmony, representing the perfect balance between light and darkness. It is a time to reflect on the changing seasons and appreciate nature's beauty as it emerges from its winter slumber.

So without further ado lets take a look at news and events which are new to the Haven this coming month.

Emma, Sair, and The Haven Team. x

## OFF SWITCH



**Guided self-care to help find the 'Off Switch'**

**New Program on Monday evenings  
20:30 - 20:45 (GMT)**

**January 8th, 15th, 29th,  
February 5th, 12th, 19th and 26th,  
March 4th and 11th**

**Wind down in fifteen minutes, as you experience  
calming breath techniques live via Zoom.**

**Program and sessions created by Neil Cunningham, carer,  
yoga and breath instructor.**

Neil 's sessions are proving popular and his 15 minutes of relaxation on a Monday evening are continuing until 11th March. They are free to join, you just need to book on and join us on zoom.

**BOOK NOW >**

## New blog post - relaxation techniques

Our new blog post explores the top relaxation techniques that can help make your life a little more peaceful and stress-free.

[Read more...](#)



### Rest and Relaxation Sessions.



BOOK NOW >



### Members Benefits.

Members of the wellbeing portal receive 50% of a havening session. You can find the discount code to activate it, in the members' group.

Go to members area >

### Compassion fatigue day retreat.

Friday 19th April 10 am - 4 pm  
Gloucestershire  
£75 per person

A Day Retreat, focused on relaxation, reflection, and rejuvenation. The day supports intervention and interruption of compassion fatigue.

The day includes:

- Intimate Retreat for 6-8 people.
- Therapeutic Coaching Techniques.
- 2-course lunch.
- Use of Spa facilities in the afternoon.



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

### Therapeutic Parenting Awareness Day! Wednesday 6th March

Go to the NATP website to find out more.

[www.naotp.com](http://www.naotp.com)