



Bodywork By Amanda Bulletin

MARCH 2025

Welcoming Spring: A Season of Renewal

Hello and happy Spring! As the days grow longer and the first blossoms begin to bloom, it's the perfect time to focus on renewal and self-care. Spring is a season of fresh starts, making it an ideal moment to invest in your wellbeing and set new goals for your health and body.

At Bodywork by Amanda, I'm here to help you move freely, feel stronger, and embrace the energy of the season ahead. Whether it's easing those winter aches or preparing for a more active lifestyle as the weather warms up, I'm ready to support you every step of the way.

Let's celebrate this vibrant season by making time for you. Keep reading for tips, updates, and a special offers to help you spring into action!

Seasonal Challenges and Solutions

Spring brings its own set of challenges as we emerge from the colder months. Increased physical activity, gardening, or outdoor adventures can sometimes lead to muscle stiffness or strains. Here are some quick tips to keep your body feeling great:

- **Warm Up Before Activity:** Take a few minutes to stretch and gently mobilize your joints before diving into gardening or sports.
- **Hydrate Regularly:** Staying hydrated helps your muscles recover and keeps your energy up.
- **Listen to Your Body:** If you feel discomfort, don't ignore it! Early intervention can prevent minor issues from becoming bigger problems.

If you're feeling any tension or discomfort, book a session to keep yourself in peak condition this spring.

"Spring is nature's way of saying, 'Let's party!'"

ROBIN WILLIAMS





Did You Know? I Also Treat Horses!

While many of you know me for my work with people, did you know I also offer bodywork for horses? Equine massage therapy can help horses stay comfortable, flexible, and at their best, whether they're competing or simply enjoying life in the field.

Working with horses is a passion of mine, and it's incredible to see how bodywork can benefit them just as much as it does us. If you're curious about how I help horses, feel free to ask me more or share this with a friend who might be interested!



Special Spring Offers

To celebrate the arrival of spring, I'm excited to offer some limited-time specials for my clients:

- Mothers Day Special: Gift a 60 minute session to a special mum in your life for just £55 this Mother's Day
- Spring Starter Package: Book a Boost Package (3 x 60 min sessions) for £179 - a saving of £10
- Equine & Rider Package: Book a session for yourself and your horse for £120 (normally £140)

These offers are ONLY available until 31st March, take advantage TODAY, please email amanda@bodyworkbyamanda.co.uk or call 07968 291421



Why Your Posture Matters More Than You Think

Posture isn't just about how you sit or stand—it affects your entire body's health and movement. Poor posture can contribute to aches, pains, and even long-term musculoskeletal issues. Here's why paying attention to your posture is so important:

The Impact of Poor Posture:

- Neck and Shoulder Tension: Hunching over a desk or looking down at your phone can lead to tight, painful muscles in your neck and shoulders.
- Lower Back Pain: Slouching or standing incorrectly can place extra pressure on your lower back, leading to stiffness and discomfort.
- Reduced Mobility & Flexibility: Over time, poor posture can limit your range of motion, making everyday movements feel more difficult.

How to Improve Your Posture:

- Check Your Desk Setup: Ensure your screen is at eye level, your chair supports your lower back, and your feet are flat on the ground.
- Engage Your Core: A strong core helps support your spine, reducing the risk of slouching.
- Take Movement Breaks: Avoid staying in one position for too long—stand up, stretch, and move every 30-60 minutes.
- Be Mindful of Your Phone Use: Try holding your phone at eye level rather than looking down to avoid 'tech neck.'

Try This Quick Posture Reset:

1. Stand tall with your feet hip-width apart.
2. Roll your shoulders up, back, and down.
3. Engage your core and keep your chin slightly tucked.
4. Take a deep breath and feel the alignment of your spine.

If you're struggling with tension or discomfort related to posture, a bodywork session can help relieve tightness and rebalance your muscles. Let's work together to improve your posture and keep you feeling great!

Wishing you a season full of energy, movement, and good health. If you need any support along the way, I'm here to help - let's make this Spring your best yet!

Best wishes, Amanda x

“I am a great fan of Amanda's subscription service. It means I don't have to think about it and I get priority during busy periods to ensure I can keep up with ongoing body maintenance”

CHRISSIE C

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