
February 2026
Issue 02

Little Pockets of Calm

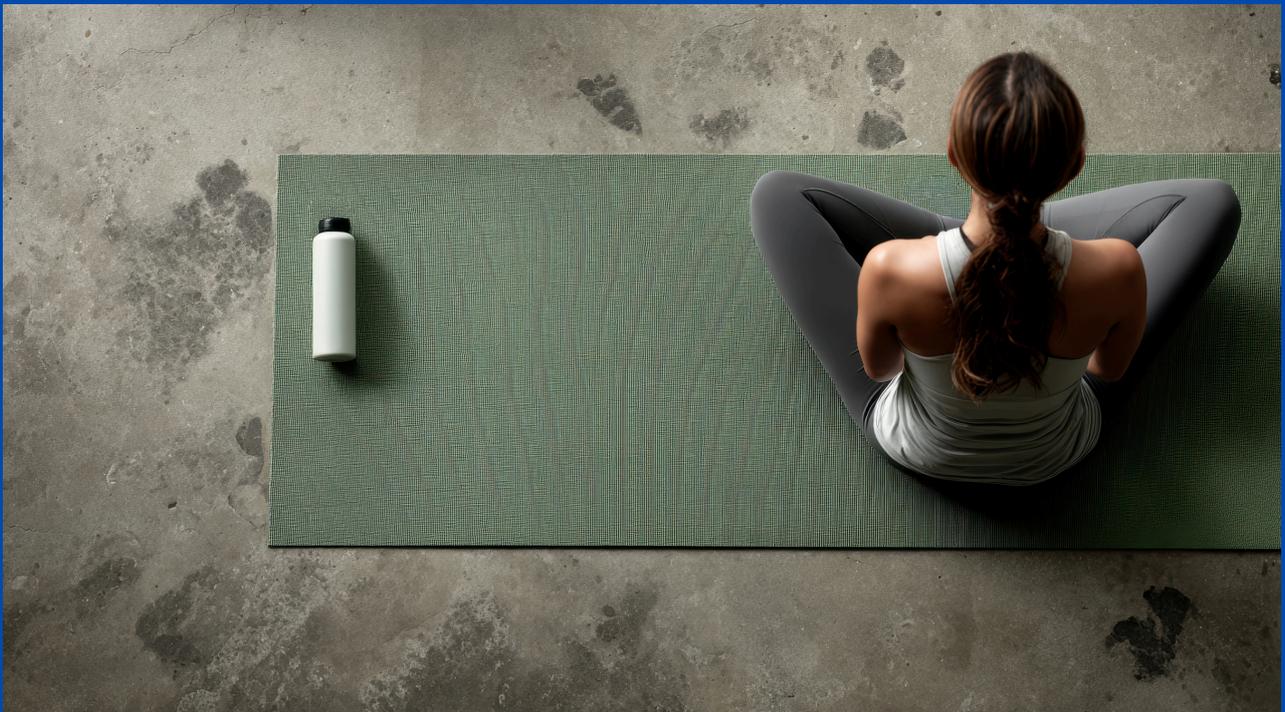
WITH LUCY SCOTT

Slow & Quiet Stirrings



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**Some things grow
long before they appear...**



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Editor's Note



I wanted to start this month with a heartfelt **thank you** to you for coming back for issue two of my magazine (and **welcome** if it's your first time here). I received some truly lovely words of encouragement after January and I'm so happy that people enjoy it. I created it for my own pleasure (it actually came to me in a dream), and I wasn't sure if anyone else would even be interested, and so to have that feedback, and be back for issue two, is a **joy**.

HOME IS WHERE YOU CAN HIBERNATE

Those words were my mantra in January's issue of *Little Pockets of Calm*, and have indeed proved so true of this last month.

I love living in a country that has such defined seasons. We get the dark starkness of winter, the brightness of spring and excitement of summer as well as the colours of autumn. We are spoilt by nature.

And I remember this when I start to hear myself moan about the gloominess of January. Those days when the sun doesn't seem to break through and it's just *grey*.

This month I've felt the pull to be at home, but still with that nagging feeling that I should be doing more. Then I saw the phrase:

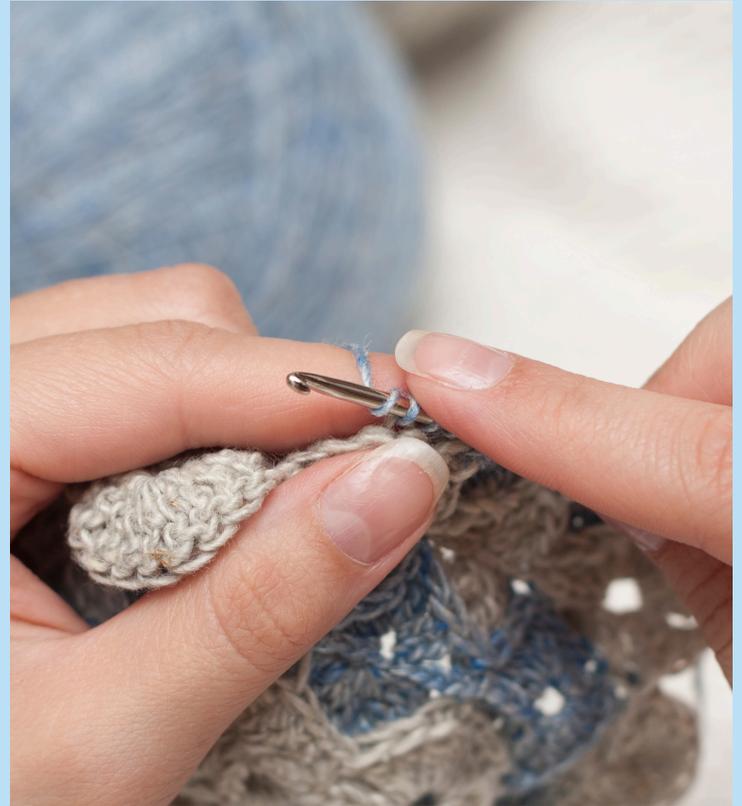
UNAPOLOGETICALLY WINTERING

and I thought, **that's me.**



Those words gave me permission to say that I've been unapologetically resting, unapologetically taking care of myself, and unapologetically putting down some plates, letting go of the expectation that I have to spin them all at once. So, I hope those words help you too if you've been feeling conflicted this month.

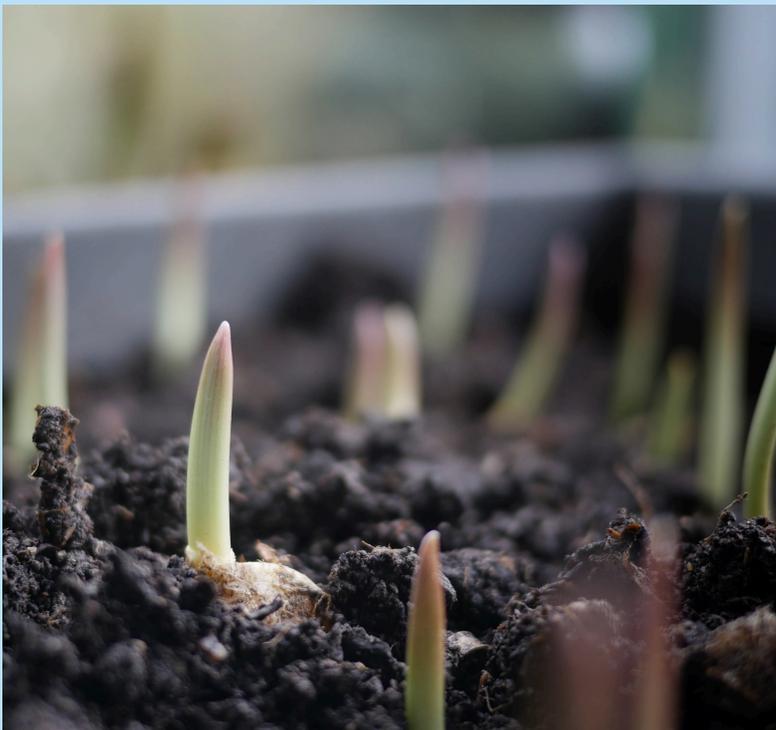
Rather enjoyably, my January weekends have been spent in full hibernation mode, getting comfy with my books and my crochet project (still trying to make that toiletry bag).



CROSSING THE THRESHOLD TO FEBRUARY

We talked last issue about January being a threshold month, with the two-faced God Janus who looks both forwards and backwards. So, is February where we take our first steps?

A quiet turning point of the year, February is the month where slow and gentle shifts start to show. Peeps of green shoots from bulbs buried deep, and the days noticeably starting to get a little longer.

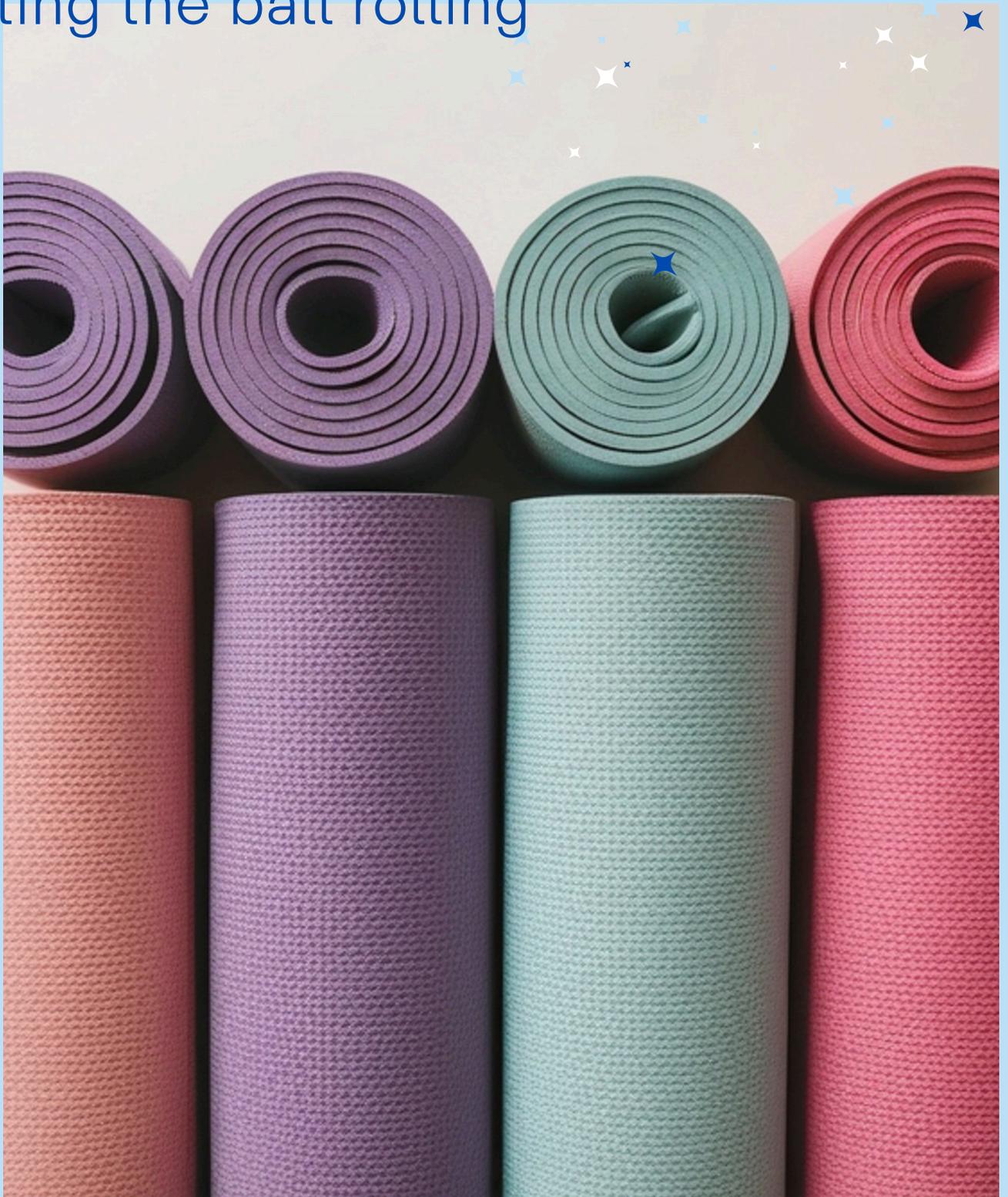


But, let's not be too eager to rush to Spring. We can still find gentleness in these last wintery weeks. We can allow our bulbs a little while longer to continue growing their strong roots in the dark.

I'm excited to share this issue with you! There's a yoga and meditation practice, seasonal recipes and craft project, and some of my February plans, all to be enjoyed with a cuppa. Thank you for being here,
Lucy x

Yoga & Pilates in February

Getting the ball rolling



ROLLING LIKE A BALL IS ONE OF JOSEPH PILATES' ORIGINAL 34 MOVES. IT TRAINS THE CORE MUSCLES AND MASSAGES OUT THE SPINE.

This month's pose is a combination of the Pilates move 'Rolling Like a Ball' and Boat Pose from Yoga.

I've chosen these poses because they build inner heat (what we need at this time of year), and the shape of the ball could be seen as a bulb shape - perfect for this month's theme.



Rolling like a Ball:

Lie down and bring your knees in towards your chest.

Curl your head, neck and shoulders up, chin to chest, so you make a ball shape.

Start to roll up and down your spine, gathering some momentum but keeping control of the movement.

After a few rolls, try to pause the movement as you rock up, on your sit bones.

ADD ON BOAT POSE, HOLDING THIS BALANCE FOR A FEW ROUNDS OF BREATH.



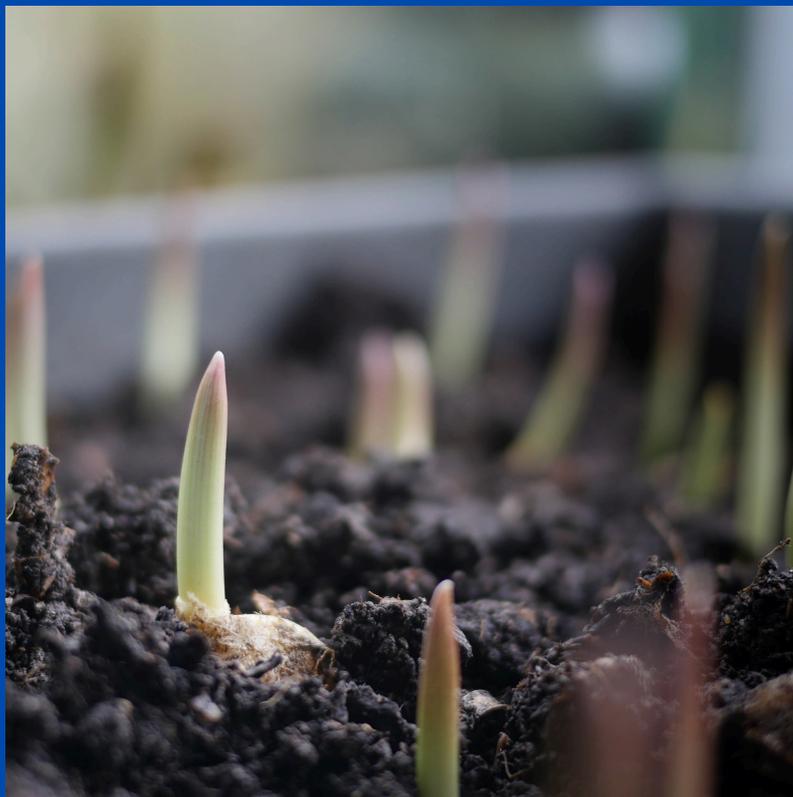
Boat Pose:

Tips of the toes on the floor, reach your arms out long in front.

Keep the spine straight and the shoulders away from the ears. Lift one leg and then the other (you can always keep the toes on the floor).

Hold for 5 full breaths, watching the shoulders don't start to creep up.

Meditation: Quiet Stirrings



Take a moment to find a comfortable seated position. It might be nice to sit on a cushion to ease any tightness in the lower back. I also invite you to wrap a blanket round your shoulders.

Use as many cushions and blankets as you need to feel warm, comfy and supported.

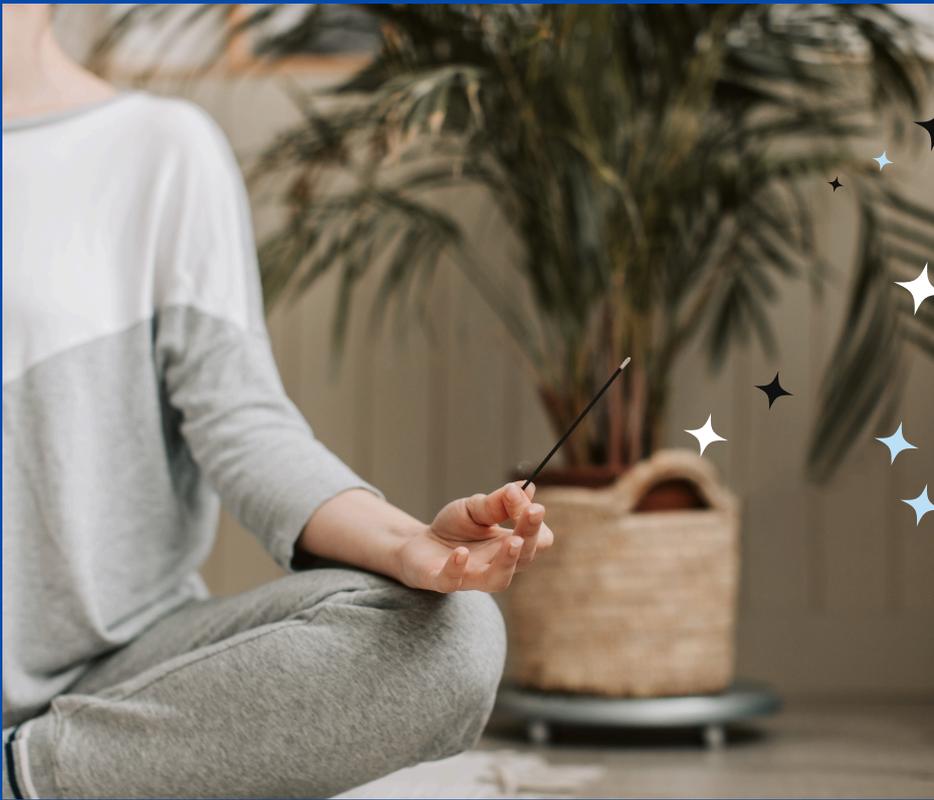
Start to make each breath intentionally fuller than the one before. Settling into a slower and deeper rhythm. Let your shoulders, jaw and hands relax.

Feel the blanket wrapped round your shoulders, or imagine the sensation of one if you haven't. Feel the softness, the warmth it provides and the sense of security.

Take your awareness to the crown of your head. Notice any sensations that this awareness brings - maybe a tingling, a sense of lightness or energy. Imagine a white light at the crown of your head. As you breathe you draw in more of this white light. It brings with it softness, peace and vitality. Stay here with this soft white light for a few breaths more.

Now bring your awareness to your throat. Imagine a ball of blue light in your throat. With each inhale this blue ball of light moves down, towards your chest, and then glides back up to your throat on your exhale.

Take a few more deep breaths here, watching the blue ball move between your throat and heartspace with each breath. Feel as this blue light brings with it a sense of energy, clarity and self-kindness. Let any previous thoughts or words that were stuck in the throat be released. Take as many breaths as you wish here.



When you're ready, watch as the blue light pauses at the heart and turns emerald green. You feel a sense of compassion and acceptance in your chest. Then the light travels to your navel and turns yellow, shining and radiating warmth around your body.

The ball of light then turns orange as it travels to your lower abdomen and a gentle sense of peace returns, before it travels down to the base of your spine and turns a deep crimson. Allow yourself to feel the blanket around your shoulders again, the sense of groundedness and security. Your energy flowing with your breath through your body, from your crown to your root.

Now visualise a bulb beneath the soil, in the soft darkness. It's called to grow by the white light, up towards the surface. The roots, growing down, keeping the bulb happy, secure and connected. Up on the surface of the soil, a green shoot starts to push its way out into the light.

Feel your energy again, the ball of red light at your root and the white light at the crown of your head. Feel calm, clear, grounded and protected, as you move through the rest of your day.

Little Pockets Book Club

Welcome back to book club!

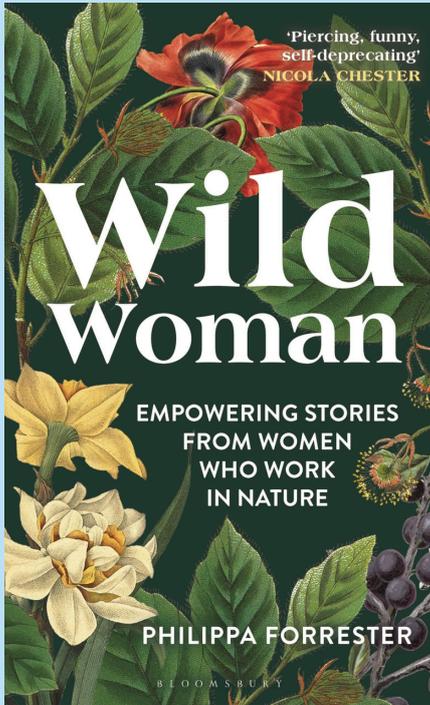
January's picks ended up being two of the best books I've read in a long time - I had a couple of late nights staying up because I was so engrossed. I didn't realise when I picked them, but they were both WW2 books, examining the role women had in the War and the power of secrets and sisterhood.



I was thrilled to hear that so many of you enjoyed *The Nightingale*, about two sisters surviving Nazi occupation in France. It starts with Vianne's husband leaving to go to the War, and Isabelle joining the thousands of refugees who fled Paris, where she meets a stranger en route to her sister's house in the country who will change everything. This epic novel follows their lives throughout the War. When a German captain is billeted in their home, tragic news from the front, and a calling to join the resistance, sweep them up in tricky web of secrets. I couldn't put this book down and will stay with me for a long time.

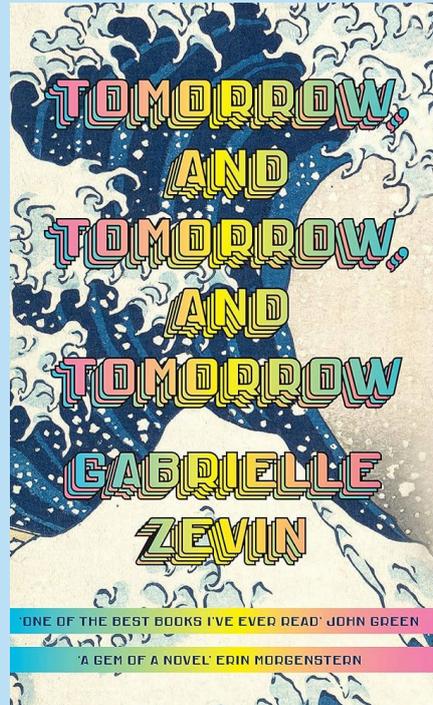
I also thoroughly enjoyed *The Gown*, about three women - two of which were embroidered Queen (then Princess) Elizabeth's wedding dress, and I learnt so much about it! I had no idea that the design was such a sought after secret, and unfortunately one that people were desperate to get hold of. The third storyline is the by the granddaughter of one of the embroiderers who is trying to piece together the story. It was a tender and moving read about family and friendship overcoming hardship in post-War London.

February's Reads



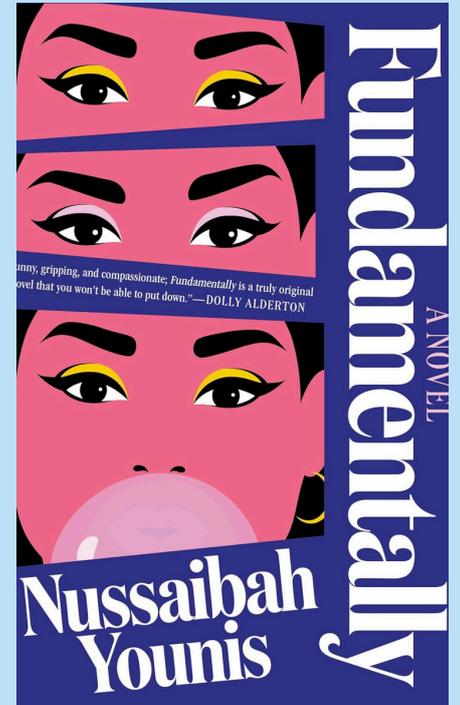
A collection of stories from women whose lives and careers are rooted in nature. From conservation, to farming and forestry, *Wild Woman* celebrates resilience, curiosity and a deep connection to place. It's a conversation about work, finding purpose and our relationship with the environment.

Wild Woman
by Philippa Forrester



A smart and moving novel about friendship, creativity and the many shapes love can take over a lifetime. Centred on two game-designers whose relationship evolves over the decades, this is a modern, thought-provoking read. Perfect for February.

Tomorrow, and Tomorrow, and Tomorrow
by Gabrielle Zevin



Smart, funny and unexpectedly tender, *Fundamentally* follows a young academic working in conflict resolution whose personal life begins to unravel alongside her professional ideals. It's a novel about power, identity and the uncomfortable gap between theory and real life.

Fundamentally
by Nussaibah Younis

Reiki: What is it?



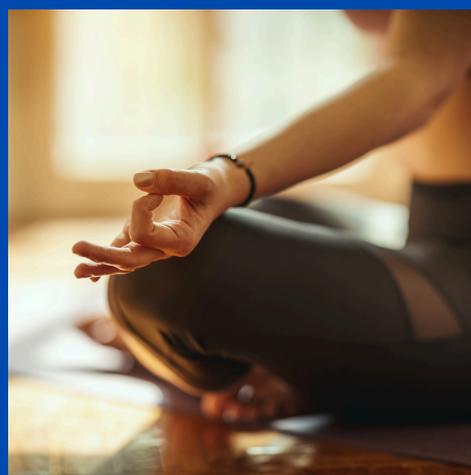
I first came across Reiki during my Yoga Teacher Training and I was wanting to deepen my understanding of energy and connection to the world. Reading about it, I instantly felt a connection to Reiki.

Reiki is about connection to Universal Life Force Energy; something that is in us, surrounds us and connects us all the time. Sometimes, through no fault of our own, our energies can feel off balance. This could manifest as poor sleep, low mood, low motivation or a feeling of disconnection.

A Reiki treatment can help restore that flow of Energy. You can go to an appointment with someone who can channel the Energy to you, or you can learn how to give yourself Reiki.

During my first Reiki treatment, I felt like my body was floating and I felt so peaceful. Treatments can differ - some practitioners will gently place their hands on you and then move round your body, some will just keep their hands up by your shoulders or ears.

PEOPLE COME TO REIKI FOR MANY REASONS: TO EASE STRESS OR ANXIETY, TO COMPLEMENT OTHER WELLNESS PRACTICES, OR SIMPLY TO RECONNECT WITH THEMSELVES. EACH EXPERIENCE IS UNIQUE.



Sometimes you might feel something - a floating sensation, a sense of flow, you might feel something gently pop, twitch or release. You might feel absolutely nothing. That doesn't mean the treatment isn't working - the Reiki will always flow to where it's needed.

Reiki needs a certain amount of open-mindedness, but it is something I truly believe to be powerful and effective at restoring clarity and balance. My Reiki teacher has now become a coach and mentor in my life, and I'm truly grateful to her for teaching me how to channel Reiki for myself.

If you would like to try Reiki, I'm offer sessions so please do reach out!



Imbolc

The Quiet Return of the Light & The Wheel of the Year

Positioned half-way between Yule (the winter solstice) and Ostara (the spring equinox), Imbolc is a festival all about celebrating the first quiet signs of Spring.

It's the joyous first glimpse of a snowdrop, or spotting the new green shoot of a daffodil. It's noticing that the sun is setting a few minutes later than it did at the start of the year.

Yule, Imbolc and Ostara are all part of The Wheel of the Year, a Pagan tradition that celebrates a different nature-focused festival every six-weeks.



What I find comforting about these celebrations is the sense of connection to old traditions that have been around a long time, and the celebration of the small, beautiful changes in nature rather than letting it go by unappreciated. It's slowing down to notice and tune-in to what's going on around us, rather than getting lost in worries or living in the future. These celebrations encourage us to press pause on the rush and find joy in our everyday.

Nature and Yoga both teach us that the only constant thing in life is change. Imbolc is the 1st February, but why not spread it out over the full month? Honour the roots and get excited to welcome the new shoots.

Craft Project

Candle rolling is a simple craft that doesn't require a lot of equipment and invites you to slow down



To celebrate Imbolc, here's a craft project for you to try! Candle rolling has come to be seen as a traditional activity as, at its heart, Imbolc celebrates the returning of the light.

In agrarian societies, Imbolc brought a

recognition that winter's deepest darkness had passed and the signs of Spring were on the way.

This project, the slow and deliberate rolling of the wax around the wick, encourages reflection and intention.

It's a quiet and calm ritual, that honours a time of the year that can often just be brushed past in the eagerness to get to Spring.

Imbolc is also closely associated with **Brigid**, the Celtic goddess of fire, healing, poetry and craft. Brigid connects light with creativity and handiwork, making the act of a making (rather than simply lighting) a candle especially meaningful.

The use of **beeswax** further deepens this symbolism as it is a living material tied to the health of the land. Working with it at Imbolc honours nature being hard at work to create the quiet stirrings of life and future growth.

Enjoy!



Equipment needed

- **Beeswax sheet** - a flat sheet of honey-combed beeswax (one sheet per candle)
- **Candle wick** - cut slightly longer than the width of the beeswax sheet. You can buy these pre-made or make them yourself
- **Scissors**
- **A flat work surface** - clean to avoid any dust embedding in the wax
- **A hair-dryer** to soften the beeswax



Method



- **Prepare the workspace** - lay the beeswax sheet flat on your work surface.
- **Position the wick** - place the wick along the edge of the beeswax closest to you, aligning it parallel to the edge. Leave a small amount of wick extending beyond the wax at both ends.
- **Secure the first roll** - gently fold the edge of the beeswax over the wick and press firmly along the length to anchor it. This first roll is important, as it sets the structure of the candle, so don't rush!

- **Roll slowly and evenly** - using both hands, begin rolling the wax away from you, keeping even pressure across the length. Take your time to ensure the roll remains tight and straight.



- **Seal the edge** - once fully rolled, use the hairdryer to warm it and then press firmly along the final edge of the wax to seal it into the candle body.
- **Finish and trim** - trim the wick to approximately 1cm

Top tips

- If the wax feels stiff or cracks, warm it up so it becomes pliable before continuing
- Roll slowly; rushing can cause gaps, cracks or uneven layers
- Remember - it's your unique candle so any little imperfections are part of the charm!

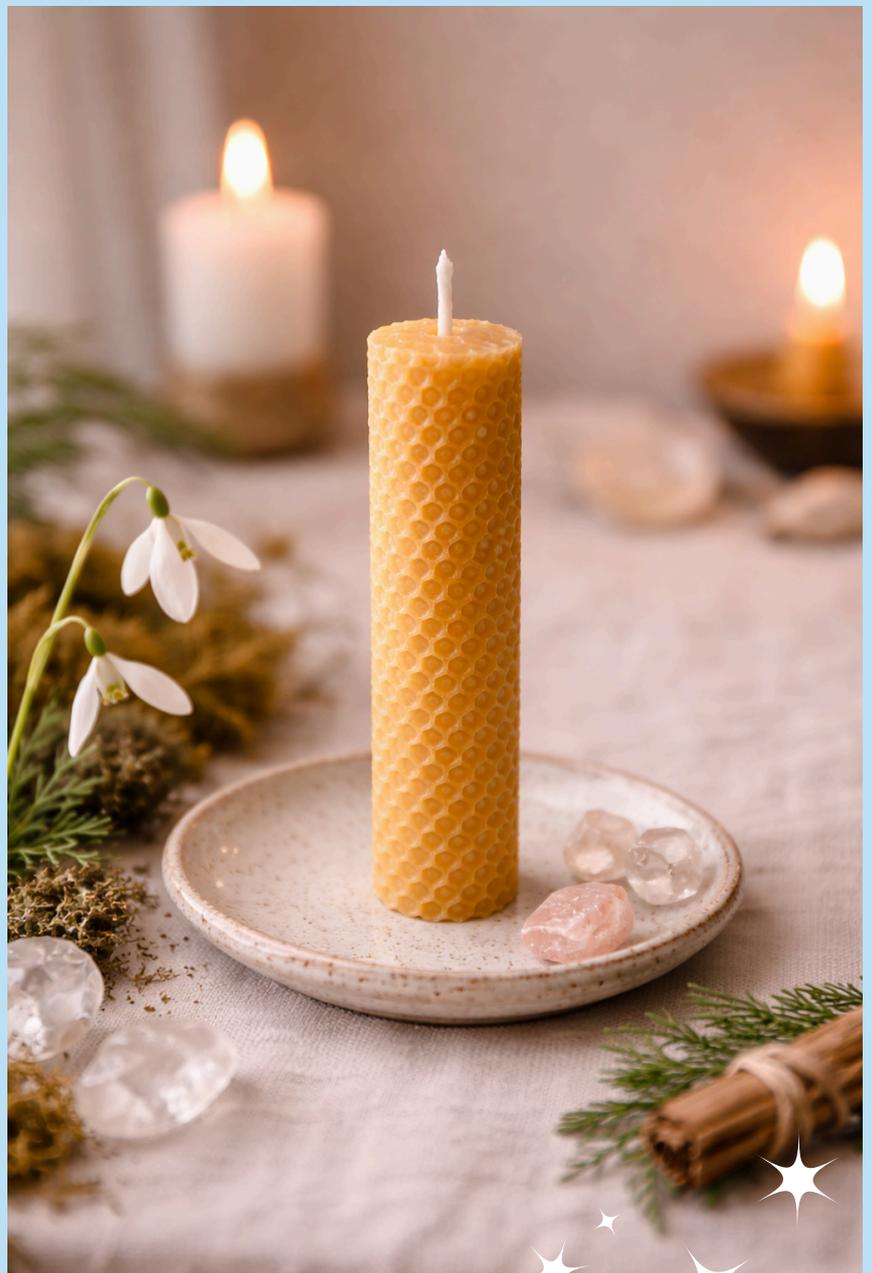
Before beginning

Take a moment to settle and fully arrive.

- Take a few slow breaths
- Reflect on what you wish to invite into the coming season. Common Imbolc intentions include themes of renewal, clarity, creativity, healing, or gentle growth
- Hold your chosen intention lightly in mind as you roll
- Go gently, there's no rush

Closing ritual

Let your candle be a reminder of the moment you shaped it - the quiet ritual of rolling it and of your chosen intention.



Mountains & Moguls: February

This month, I'll be crying over medals and taking on an addiction

With the certain signs of Spring starting to show, I'm also letting new shoots of ideas and intentions come to the surface. I'll also be stepping out of hibernation and getting my passport out ready for an adventure to the icy wilderness.

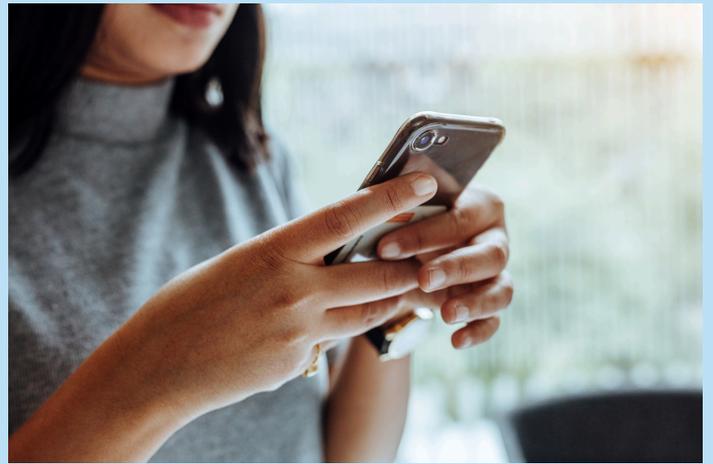
Farewell, Instagram

In the same way some people remember where they were when they heard about major world news, or the death of a beloved celebrity, I remember where I was when I first heard about Instagram. I was in the kitchen of the tenement flat I lived in Edinburgh and my housemate said how it was more than just a cool place to share photos. That was 2014, I downloaded the app and I think I've been on it every day since. *Every single day.*

Except it's not a cool place to share photos anymore. It's a distorted reality, a place I pour more time, money and energy into. I'm sucked in by ads for things I don't need and barely see anything from the people I actually know. With that, my intention this February is to break my addiction to the scroll.

According to a study last year, we're even experiencing a "nearly universal diminished lexical richness," largely due to increased social media usage. So, I've replaced Instagram with brushing up my vocabulary and learning new words.

Given everything that's going on the world, deleting Instagram may not seem a big deal. But these apps are created to keep us spending money, keep us anxious, keep us locked in and always needing more. So it's rebellious, maybe even a little contumacious, to step away.



What I'm Watching: The Olympics & The Oscars

I'm a sucker for watching people complete incredible acts that I could only dream of. So I'm looking forward to a few weeks of watching athletes win medals on the snow and ice at the Winter Olympics. I would argue that the Winter Olympics have the most fun events. Gravity-defying skiing, death-defying tobogganing, the one where they just jump on a metal tea-tray and speed off downhill. I'll be cheering from the sofa and crying at the medal ceremonies.

I also love going to the cinema, and think we need to keep supporting our local cinemas, so that we don't lose any more of them. With it being awards season too, it's the time when all the big name films come out. I have Hamnet and Wuthering Heights on my list for this month.



What I'm Crafting

Alongside rolling candles for Brigid, I'll also be celebrating Valentines with some new clay candle holders. Heart-shaped, of course.



Retreating

I've spent January retreating at home, and I'm now getting packed and ready for some retreating abroad. I'm meeting Laura Green (who's quite a big name in the Yoga world) in Vilnius, and travelling to a retreat centre in the Lithuanian woods, for a week of Yoga, sauna, frozen-lake dips and sound baths.

I think this will be so useful for my continued learning as a teacher, but also for re-connecting with my own yoga practice, and sometimes that best way to do that is on a retreat away from the world.

Yoga Philosophy Corner



ABHAYA HRIDAYA MUDRA FEARLESS HEART MUDRA

For this month, with everything going on in the world, I thought about needing bravery or courage and Fearless Heart Mudra came to mind.

A **mudra** is a symbolic hand gesture (sometimes it's a body or eye gesture), that is used to help guide energy and focus the mind. You could use use a mudra during meditation, breathing practices, or even throughout the day to help you cultivate a certain feeling - like calmness,

confidence, or, in this case, courage.

Fearless Heart is made by bringing the hands in front of your heart, and crossing the right wrist over the left so the backs of your hands touch.

Then cross the left and right little fingers round each other, the same with the middle fingers, and the index fingers.

With your ring fingers, bring the tips to touch the ips of your thumbs. So left ring finger touches the

left thumb tip, and then the right finger and thumb touch. It's a bit of twisty stretchy one for the fingers, but try to let your hands relax into it.

In your next meditation, try using this mudra. It also helps in overcoming fear and resentment, as well as connecting you to your heart's truth.

In the Kitchen

This is peak season for delicious cosy food with a bright pop of citrus

CAULIFLOWER & CHEDDAR SOUP

Roast the cauliflower first for extra nuttiness, then blend with stock and sharp mature cheddar.

Recipe: [here](#)



MUSHROOM & LEEK RISOTTO

With the seasonal stars of leeks, mushrooms this rich and comforting dish is very February. Finish with Parmesan and a luxurious knob of butter.

Recipe: [here](#)



BLOOD ORANGE UPSIDE-DOWN CAKE

This moist cake is super citrusy and not too sweet, ideal for that morning tea break with your copy of *Little Pockets of Calm*.

Recipe: [here](#)



Move with Lucy: What's Coming Up

New Pilates classes are coming to Birstall!

Starting Monday 2nd February at 10.45am, this 45-minute class is ideal if you're new to Pilates or want to build core strength. A supportive, beginner-friendly session designed to help you develop strong foundations and move with confidence.

As a thank you for reading the magazine here is a special discount which you can use for your first Pilates class at Birstall.

10% OFF

USE CODE:
MAGAZINE

[BOOK NOW](#)



Thank You

After the last issue, someone told me they enjoyed savouring the first issue. Reading a few pages at a time and using it as their own January ritual.

I hope Issue 2 is the same; that it helps you find a moment in your day to sit down and press pause. Whether that's to read, to breathe, to meditate or to craft - I hope you find some time to fill your own cup over February. I would also love to welcome you to a class, too!

I'll be back with Issue 3 in March, when Spring will be springing - the Equinox is the 20th March, which also happens to be World Happiness Day (and is also my birthday!) so the magazine will have a page dedicated to cakes, I think.

I look forward to seeing you then!



Find your Little Pocket of Calm

