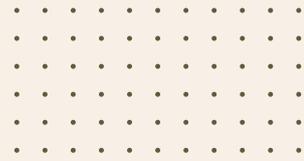


January 2026
Issue 01

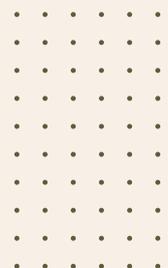
LITTLE POCKETS OF CALM

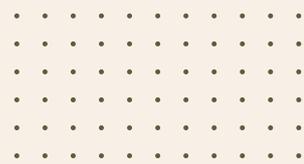
with Lucy Scott

Soft Beginnings:
a January that is gentle, hopeful & unhurried



Heartfelt yoga
www.lucycottyoga.co.uk





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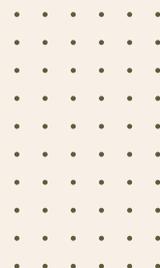
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WELCOME

Thresholds with gentle intentions

Welcome to the first edition of *Little Pockets of Calm* and my first “Editor’s Note” (which sounds very grand to say it’s just me sat with a cup of tea writing it). I used to love buying magazines and over Christmas the idea of creating my own, and what I might want to say, started to come to me.

Towards the end of last year, I felt a craving to slow down and retreat - to go full hermit mode and only do the things that made me feel calm and brought me peace. The world moves so fast and I felt trapped rattling from one thing to the next. So, I made the decision to prioritise calm. I bought some paints and air-dry clay and started making “things” - nothing very good, but the joy it gave me to create was restorative.

It’s what I want to continue finding time for in the coming year; especially while it’s still cold and dark. January can carry with it such a pressure to be productive, to start with discipline and new routines immediately - to be on-the-go from day one. But what if January is actually a threshold month? One where we can set gentle intentions whilst still wrapped the softness and darkness of winter.

January is named after the Roman God Janus, the God of doorways and arches.



Janus is normally depicted with two faces - one looking back and the other looking forwards. One reflecting on what has been, and the other looking forwards at what’s to come; holding memory and intention at the same time. This is the energy we need in January. We can stand on the threshold of the year, looking forwards towards our plans but also linger, not rush to start.

We can prepare. In fact, we have time take this *full* month to cross the threshold into the new year. To, with gentleness and compassion, consider our intentions for 2026 and our slow steady steps to getting there.

In this edition, I invite you to explore and create your own personalised winter rituals, softly pause to dream of your intentions, as well as giving yoga and meditative tools that can support you over the next month.

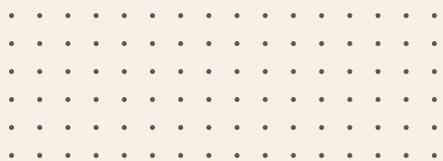
I hope you enjoy, and you find your little pockets of calm,
Lucy x

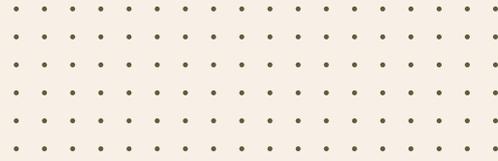




REST NOT RESOLUTIONS

You're allowed to
You're allowed to



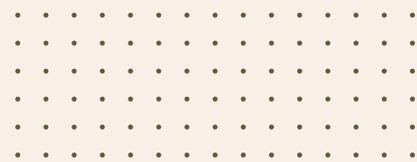


HOME IS
WHERE YOU
CAN
HIBERNATE

start slowly.
arrive as you are.



YOGA



Butterfly Pose

A simple stretch to help find your sense of presence and home.

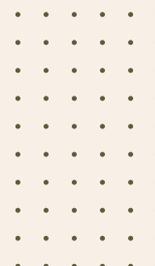
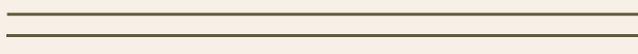
From seated, bring the soles of your feet together and let your knees open wide. Allow your chin to drop in towards your chest and your back to gently curve forwards. It might feel nice to use yoga blocks and cushions to help support the weight of your head.



This pose is a good stretch for your hips and lower back, helping to release tension and increase flexibility. But it is also a powerful one emotionally. It's a grounding posture, used to help release any stuck energy in the Root Chakra (Muladhara) found at the very base of your spine. Muladhara is strongly linked to your feelings of safety and home.

As you settle into butterfly pose, focus on the movement of your breath and visualise its journey, opening up the back of your body. Imagine a ball of red light at the base of your spine at your Chakra point. Watch the ball of light as it glows in time with your breath - flushing deeper and redder with each inhale. Feel into its steadiness and warmth.

Stay in this pose for two-minutes, stretching the hips and connecting with your breath.



MEDITATION

Find a comfortable seated position. Let your shoulders drop and your jaw soften. Let each breath slow down and get a little deeper, until you are taking full, deep breaths. Slip into this new rhythm of breath as the rest of the world fades for a few moments of quiet.

Imagine yourself walking by the side of a frozen lake. Daytime is turning into dusk around you, and the air is cold and crisp. You pause at the end of a small path that heads away from the water. Your hands gently pull the scarf around your neck a little closer, and you take one more look out over the lake. Overhead, a flock of birds fly above you, their black wings beating in time, making them one wave of movement.

You turn to go up the path, towards a cottage. The path is frozen and the ground itself seems to sparkle. You get to the door of the cottage and gently turn the handle to let yourself in.

You step into a cosy and warmly-lit room. There's a fireplace, bookcase and armchair covered in cushions and blankets, and you feel the soothing warmth on your face.



You take your time to remove your scarf and take off your coat and boots. You place your feet into warm, soft slippers and go towards the kitchen and make yourself a hot drink in your favourite mug.

Then, taking the mug, you move towards the fireplace and sit in a deep, comfy armchair and wrap a warm blanket around your shoulders. With the mug warming your hands, you watch the glowing amber logs and hear the crackling sounds of the fire. The soft smell of smoke is in the air.

Next to you is a book, you pick it up with one hand and see it is a journal. A fresh page ready for you to write your gentle intentions for January.

INTENTION SETTING the gentle way

Let's take a moment to step onto the threshold - looking back to the year that has been, and then forwards to the year ahead.

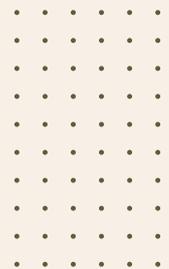
You'll see that the next couple of pages have been divided up into different sections.

I invite you to consider each section from the point of view of reflecting on 2025 and visualising 2026. Write down what comes up for you. For example, what are your reflections on 'Family' in 2025 and what might be some intentions that are family-orientated for 2026.

No pressure, no right or wrong, just your thoughts.

As you write, certain words or phrases may present themselves as things to explore further.

Don't feel pressured or rushed - remember that you have the whole of January to think, ponder and consider this.



Health

Friendship

2025
Reflections

Work

Love

Finances

Home

Family

Fun

Health

Friendship

2026
Intentions

Work

Love

Finances

Home

Family

Fun

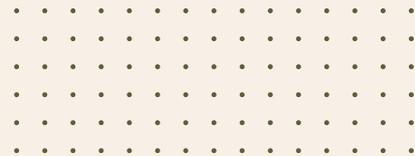
JANUARY RECIPES

This month invites us to enjoy warming, grounding meals that feel like a hug.

Root vegetables are at their best right now - carrots, parsnips, swede, beetroot and potatoes, are all offering steady energy and comfort during the colder days.

Kale, cabbage, cauliflower and good ol' Brussels sprouts are still plentiful, packing winter meals full of goodness and nutrients. Leeks, onions, and garlic add warmth and depth, while apples and pears remind us that nourishment doesn't need to be fresh-picked to be sustaining.

This is the season for slow cooking, simple ingredients and lovingly hearty meals.



Warming Spiced Porridge

Oats cooked gently with cinnamon and topped with stewed apples or pears. Add some cashews or other chopped nuts. A soft start to winter mornings. My favourite breakfast.

Roasted Winter Veg Traybake

Chopped carrots, beetroot, squash, red onion and rosemary roasted slowly. Serve as-is or with grains (I like Merchants 5 Glorious Grains microwaveable bags) and crumbled feta or a tahini or yogurt drizzle on top.

Root Vegetable & Lentil Stew

Slow-simmered carrots, parsnips, red lentils, garlic and generous doses of spices like coriander and cumin - comforting, filling and easy to make in a big batch.

& JOURNAL PROMPTS

What does a soft beginning look like for me?

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Where do I feel I'm rushing, and why?

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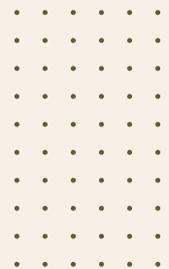
What am I ready to release gently?

.....

.....

.....

.....



YOGA PHILOSOPHY CORNER



Atha yoga Anushasanam
“Now the practice of yoga begins”

This is the first Sutra in Patanjali’s Yoga Sutra - it’s a gentle invitation, each time we settle, to begin the practice of yoga. Whether that is finding a few moments of stillness with your breath, grounding in a yoga pose (or ‘asana’) or a full hour’s flow.

Try saying the Sutra as you start your practice as an invitation to draw yourself into the present moment. This is an invitation you can use each time you step onto the mat.

Ahimsa
Non-violence.

The world can feel shockingly comfortable with the violence that goes on within it. Wars and killings, to the hateful words that are spoken and repeated. There is so much anger and fear.

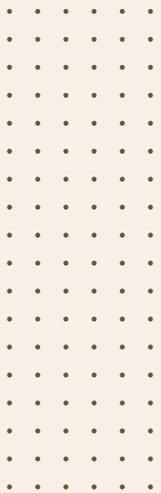
Ahimsa is part of the Eight-Limbs of Yoga, which teaches us how to live and how to be in the world as students of Yoga.

Ahimsa teaches us not to be violent to others, to the environment and nature, but also not to hurt ourselves with our actions or thoughts.

How can you bring more Ahimsa into how you speak to yourself, both on and off the mat?



A COSY WINTER RITUAL AT HOME

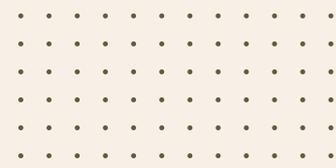


Rituals are deeply personal sequences of actions, or words, that carry with them structure and powerful significance to that individual.

Sounds complicated, but actually the good thing is that they don't have to be complex or time-consuming.

Over January, spend time exploring and creating your own rituals to create small pockets of peace within your day.

Here are some simple ideas, you could try one, or all of them in a sequence.



1 Begin with warmth - before checking your phone or beginning the day, prepare something warm - tea, coffee or lemon water and sit with it for a few quiet minutes. Feel the warmth in your hands and body. Let this be a moment to arrive, rather than plan.

2 Gently arrive - as the kettle is boiling, open a window or step briefly outside. Take a few slow breaths and notice the weather, the quiet, the smell of the morning. Ask yourself softly: "How do I want to feel today?" Choose one word to keep returning to.

3 Wake the body softly - move in a way that feels kind. Simple stretches such as a few rounds of cat-cow, rolling the shoulders, or a slow forward fold. Keep it brief and intuitive. This is about waking up, not working out.

4 Set a quiet intention - place one hand on your heart and one on your belly. Take three slow breaths. Rather than planning the day, set an intention for how you want to move through it. Choose one word for example calm, steady, open or rested.

5 Choose one small anchor - before the day gathers momentum, one small thing that will support you today (taking a real lunch break, stepping outside at midday, turning your phone off earlier in the evening). Commit to this one thing and let this be enough.

HOPEFUL AND UNHURRIED

Soft beginnings

The phrase “going analogue” seems to have been everywhere recently. We’re all determined to step away from our screens to pick up a paintbrush, get lost in a book or stuck into a puzzle.

I will admit that I spend too much time on my phone (claiming it’s “business”) when it’s just my brain battling an addiction to the dopamine of social media. But, as I said in the Editor’s Note, I’m taking a stand. I’m putting down my phone, unplugging from the internet, and losing myself in the magic of creating to find my own peace and happiness.

So far, I have made some unique Christmas decorations with air-dry clay and cross-stitched my own Christmas cards that my family were very sweet about receiving. It’s not about perfection or being Instagrammable. As much as I’m loving to document the process of making, I’m doing it to help encourage other people to put the perfectionism to one side and just get lost in mindfulness.

It’s not “is this any good?”
It’s “*Was this made with joy?*”

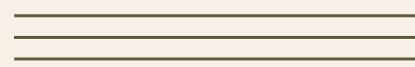
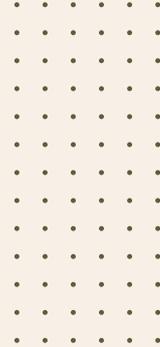
Create to reconnect with yourself, to claw back your time and expand your own happiness. Spend time on a skill that doesn’t need to be useful or be monetised. Let yourself disappear in the art of making, crafting, reading, writing, dancing, playing.

What I’m crafting this month:

I’m getting my crochet hook out to make my very own toiletry bag using an interstellar pattern of moons and stars (which I think is also still quite wintery). The yarn for this design is so beautiful and I can’t wait to get counting stitches.



JANUARY BOOK CLUB PICKS



Let's all agree, January is the month for curling up under a blanket with a good book.

December took me sailing on luxury yachts and to the frozen farms of 1800s Norway in *The Storm Sister* by Lucinda Riley. Romance, historical fiction, dual narratives - all the things I love.

In January, I want to stay lost in historical fiction with some strong female characters.



Here's what I'm reading this month and I would love it if you joined me and let me know what you think.

The Gown, by Jennifer Robson

This book is for fans of immersive historical detail as it weaves together the stories of two women involved in making Queen Elizabeth II's wedding gown. Dual timelines, strong characters and discussions of art, craft and women's roles.

The Nightingale, by Kristin Hannah

An emotional and powerful WWII story about two sisters in occupied France. Emotional stakes, moral dilemmas and family bonds, diving into themes of courage and sacrifice.

Happy reading!

WHAT'S HAPPENING THIS MONTH

Move with Lucy

January is going to be all about slow but powerful yoga flows. Sequences that encourage presence, rather than perfection. We will still have some twists and turns in there, but also moments to settle, tune-in and breathe. Moments to gather and reflect.

I teach small group classes at Eastthorpe Hall and all-levels of yoga experience are welcome.

On Friday 30th January, I'm hosting my evening **Relax & Unwind** Restorative Yoga and Yoga Nidra workshop - a chance to finish January, and cross the threshold, feeling well rested.



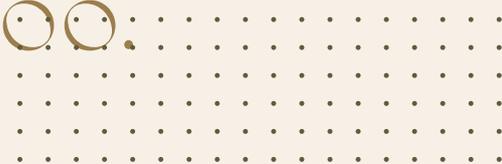
This month I also start my Introduction to Pilates courses. Like my yoga classes, I teach Pilates from the heart, with a focus on flow and connection to the movements and breath.

These classes are ideal if you're coming back to exercise, recovering from an injury, or want to build up core strength.

You can book my in-person classes and events here: <https://lucyscotttyoga.co.uk/book-a-service/>

THANK YOU

This has been a joy for me to draft, re-draft, write and edit. Thank you so much for being a part of the first edition. It is my hope it has brought you some joy, too.



To finish, a closing ritual:

We end our *Soft Beginnings* issue with one last pocket of calm, a small moment of presence and togetherness.

Light a candle (I highly encourage you to finally light the fancy one you've been saving).

Place both hands on your heart.

Take three slow full breaths.

Repeat these affirmations softly to yourself:

There is no rush - I trust my own timing.

I move forward with care, not pressure.

This is enough for today.

Feel those words plant like seeds within you.



This is not the beginning of
everything. Just the beginning
of something small.
And that's enough.

See you in February.

