

March 2026  
Issue 03

# Little Pockets

# *of Calm*

with Lucy Scott

**In Your Own Time**

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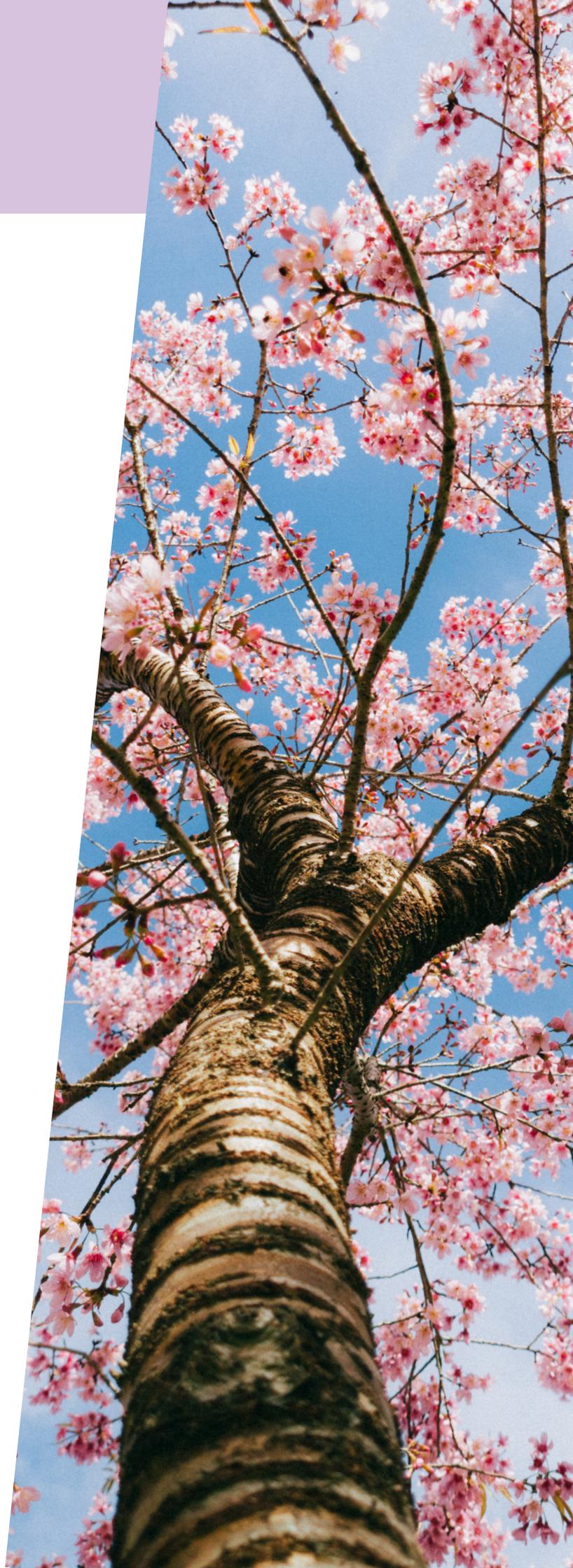
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# *Mantra for Spring:*

*Each new bloom I see  
reminds me how abundant  
the universe is*



# Editor's note



I love tulips, every year I get excited seeing them pop up in the shops - they're such a colourful expression of the new season. But what I especially love is how they open themselves up once you bring them home. When you first put them in a vase, their stems are a bit stiff and upright, but then they start to soften, curl and wave, leaning away and into each other - slowly and beautifully creating something that's full and alive. They're their own kind of chaos - each flower an individual within the bunch.

That's the energy I've decided I'm taking into March and the beginning of Spring: be like the flower that's creating its own direction, yet supporting, and feeling supported by, those around. Together, we can enjoy being fully ourselves, not by blending in, but by allowing our own shapes to emerge in our own time.

Thank you for picking up  
the third edition of  
*Little Pockets of Calm* -  
it fills me with joy to have you  
reading along with me!

This is also something that came up on my recent yoga retreat in Lithuania, where we spoke about *Atman* (universal consciousness) and *Jiva* (the individual spirit). The idea that we are both distinct and inseparable. That our uniqueness doesn't exist in opposition to connection, but within it. And I've been thinking a lot about what that might look, and feel like, in everyday life: how you can honour your own pace, needs, creativity, and individuality, while still finding a grounding comfort in something universal and shared.

March can sometimes arrive with a pressure to get out and get going. But we can always come back to that trust that life, like tulips in a vase, unfolds differently for each of us, and there's room for all our shapes and rhythms.

This issue of *Little Pockets of Calm*, is all about taking time to notice where you are this month. To see to what's emerging and what you're creating space for. To help, there are some journal prompts that I've found useful - you don't need to do them all, just choose one that really resonates to sit down with.



Also in this month's magazine, I can't wait to share more about my time away on *The Soul Immersion Retreat*. I've come home feeling like I was completely immersed - with two 90-minute practices each day, as well as new rituals of Sauna, cold exposure and *Kirtan*, I've learnt and felt a lot.

We also have a special article about Spring decluttering including a challenge that I've found makes it feel fun and empowering - a ritual that serves both us and our communities.

We also have yoga articles, a meditation script and an unintentionally lemon-themed kitchen corner. And, of course, our Little Pocket's Book Club. I'm so excited that the first in-person book club has sold out! I can't wait to meet up and chat books. I've booked the next few dates in already too, so if you weren't able to make March, you can book for April and May, it will be the last Sunday of each month.



I really hope you this month's issue. Happy Spring!

*Lucy x*

# Soul Immersion: The Lithuania Retreat

Part 1

## Day One: Arrive & “Take Off the Mask”

A 4.30am start at Luton Airport and I immediately prove that I’m no good at early mornings by dropping a full cup of tea down myself. Drying off on the plane to Vilnius, I watch, in-between snoozes, as we fly over field-after-field of white unbroken snow, and a few cosy-looking villages nestled in amongst lots of tall trees. I’ve a feeling of anticipation in my bones.

After a snowy 90-minute drive to the retreat centre, we arrive and it’s beautiful. I’ve been given a bedroom with huge windows that overlook the frozen lake we’re perched beside, I open the windows and just breathe it in.

As a group, we walk out on the lake (which you can drive a car on apparently), to watch the sun go down. We hold hands and chant mantras together. Our first proper meeting.

That evening’s first yoga session is about release - Laura (our host) invites us to “take off the mask” that we wear day-to-day, the mask of conformity or politeness, the one that we think makes us likeable. She invites us to instead tap into our most self-centred selves. How would that feel, she asks, what would that look like, if we could take just easily as we give.

## Day Two: Breathe Out

The next morning, I wake up just as the rose-pink sun is rising; I make a cuppa and open the windows to feel the crisp new air. It’s so unbelievably silent! The snow absorbing all the sounds. Breakfast is traditional Lithuanian curd pancakes, fresh from the pan, and served with strawberry jam and sour cream. Everything here, I learn, comes with dollop of sour cream.

This morning’s yoga practice starts with a talk about the “soul” - what and where it is, how we can find it, and about *Atman* (universal and eternal energy) and *Jiva* (the individual soul). How can we look after it, protect it, free it.

A day to relax and unwind after yesterday’s travel. I read and look out at the snow.



That evening, I melt into my first Restorative Yoga class for such a long time; fully drifting in that 'somewhere' space that's not awake but not asleep. The Shala where we are practicing is incredibly cosy with its own crackling fire and listening to the logs burn in *savasana* is hypnotic.

### **Day Three: Kirtan in the Woods**

The next day we take a walk through the woods with local nature expert, Andrejus. It's interesting to learn more about the pine trees that surround us. They're all so alike to look at, but also entirely unique, and they also need to be a part of their collective. Some have been previously chopped down (as there were so many), but the ones that were left are now also starting to die - they can't survive without the group. I also found out, that the very cold winter affected the water in the tree trunks causing some of them to burst open. You can see the dark cracks but notice where the tree has started to mend itself by growing new wood to try and heal the scar.



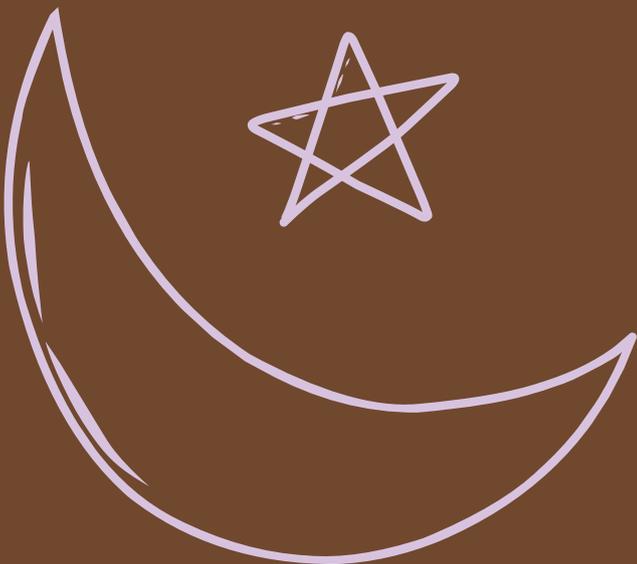
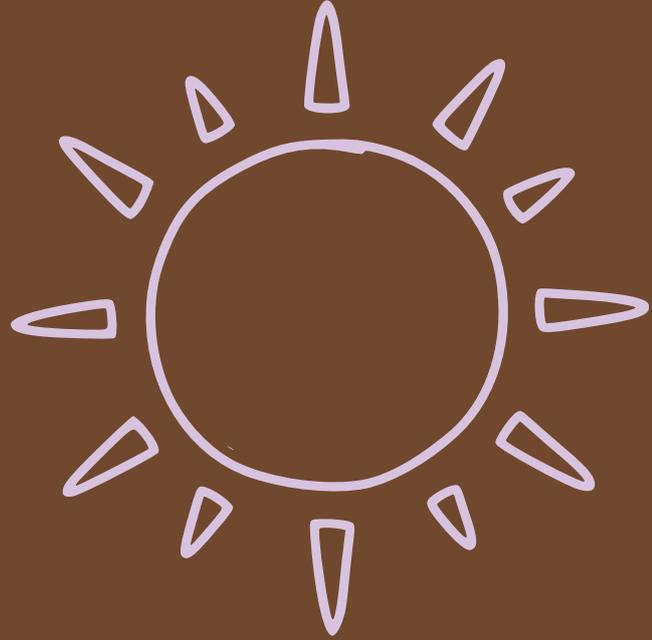
That night, after a stretchy yoga to help release our legs after walking over the snow, we gathered for a fire ceremony and *kirtan* round a blazing fire in the middle of a tipi (the heat kept causing the ice on the outside of the tipi to melt and fall off creating such dramatic noises!). The ceremony began with offerings for the fire (or *svaha*) including bay leaves (to soothe the mental chatter in the brain), cloves (to open a heart that might be feeling closed), rosemary (the sprigs symbolising the branches of the nervous system), cinnamon (for grounding) and sugar (to say thank you for the sweetness in life).

*Kirtan* is a traditional musical ceremony, normally with instruments but we didn't have any, and then chanting and singing mantras which are shared in a call-and-response way. It's a beautiful experience with the right group of people, and this evening's was very special. Together we sat singing, clapping, swaying, sipping hot chocolate and connecting with each other. We finished the evening with s'mores, toasting the marshmallows in the flames.

### **Day Four: Sauna Ceremony**

Sauna is a way of life in this part of the world, and one of the reasons I wanted to come on this retreat was to experience a traditional Sauna ceremony. Led by a Sauna Master, it lasts around three hours, includes different levels of heat and, I learnt, snacks! I'll tell more about my Sauna story later on in the magazine.

*To be continued...*



A note on...

# The Spring Equinox

On the 20th March, the Spring Equinox, or *Ostara*, will mark a moment of transition: the astronomical start of Spring. It signifies nearly equal day and night (around 12 hours each) as the Earth's axis tilts neither toward nor away from the Sun.

It's a shared pause in the year and across communities, cultures and landscapes, this moment has long been recognised as a time of planting and preparation. *Ostara*, was named after the Germanic goddess *Eostre*, who was associated with the dawn, fertility and new beginnings. Traditional *Ostara* colours include yellow, green and lavender, and decorating eggs is a common ritual to celebrate.

## + International Day of Happiness

Also on the 20<sup>th</sup> March, this day aims to help people around the world understand the importance of happiness within in our lives. This year's theme explores the relationship between social media and happiness, highlighting potential challenges it holds for our wellbeing as well as ways we can use tech for good.

On the 20<sup>th</sup> March, to mark these celebrations, go for a walk and consciously notice the transition. See the light and shadow, the buds and the bare branches, and look for signs of new life alongside what's still resting. Take the chance to breathe in the fresh air and maybe even enjoy some tech-free time.



# In the Kitchen

## Springtime Suggestions + a Sip of Fizz

Ostara  
International Day of  
Happiness  
+ my birthday!

It's a time to celebrate. Celebrate Spring, celebrate happiness, celebrate ourselves! Let's enjoy some of the season's star ingredients, by baking a juicy cake and even have a tippie. It's very lemon-themed this month, which was unintentional, but lemons are so bright and cheerful, they're perfect for March as the days start getting longer - each slice representing the sun.

### Lemon Drizzle Loaf

A classic and one of my favourite cakes.

- Preheat the oven: 180C/160C fan/Gas 4
- Cream together 225g of butter and 225g of sugar
- Add four eggs (one at a time) to the mixture
- Slowly sift in 225g self-raising flour
- Add the zest of one lemon and mix well
- Pour mixture into a well-greased loaf tin (or lined with greaseproof paper), and smooth out the surface with a spoon
- Bake for 40-50 minutes (check it's cooked all the way through using a skewer)
- While the cake is cooling in the tin, make the drizzle: mix together the juice of 1-2 lemons with 85g of caster sugar.
- Prick the warm cake all over with a skewer or fork, then pour the drizzle all over, allowing it to sink in. The sugar will form a lovely, crisp topping.
- Leave in the tin until cool, then serve and enjoy!



### **Purple Sprouting Broccoli with Garlic, Chilli & Lemon**

One of my favourites, this is PSB season. Stir the PSB through some pasta for a simple but fresh and delicious lunch. I also like it alongside fresh fish like tuna steak.

- Heat a drizzle of oil in a pan and add the broccoli, garlic and chilli flakes. Fry until the stalks are tender (around 4-5 mins)
- Remove and drizzle over the lemon juice

### **White Martini Spritz**

Inspired by my travels to Turin and the Martini distillery in December, this is my favourite cocktail when I want something a little fizzy. You can also get alcohol-free Martini and no-secco for an AF version.



- Cool your glass with ice for a few moments (very important)
- Drain out any melted water and then top-up again with more ice
- Open a bottle of prosecco and pour in until the bubbles reach the top of the glass
- Once the bubbles have dissipated, add one jigger of white martini
- Then add a splash of soda water and a slice of lemon and/or fresh mint
- Quick stir and cheers!



# Yoga + Meditation

*Open your heart*

## **Reclining Hero Pose**

You'll need a bolster, a couple of yoga bricks and maybe a cushion, depending on your comfort.



Start by placing one brick on the floor and then lay the bolster diagonally over it. You may need more bricks to hold up the bolster depending how rigid/floppy it is.

From a kneeling position, make sure the end of the bolster is close to your bum and lower back, and then gently lie yourself back onto the bolster. Make sure your head and neck feel supported (you can always put an extra cushion under your head).

If it's unpleasant for your knees, you could keep one leg straight and just bend one knee. Or you're welcome to keep both legs straight (like fish pose). You could also add more blocks at higher heights so the bolster is at more of an angle and you won't have to lie back as far to reach it.

Once there, breathe to the centre of your chest, to your heart space, and feel it start to open. Visualise a warm light in the very centre of your chest.

One of the lovely things my yoga teacher Laura said on our retreat was: "Let the light shine out from your heart, and if you don't have any light to give at this moment, draw it in." How are you feeling right now and what you need - are you giving out light or do you need to draw some in?

## Meditation - The Ocean and the Waves

Visualise yourself walking along the shore of your favourite beach. The morning sun is softly warming up the air, and no one else is around. Your feet are in the ocean and the water feels cool and refreshing as each new wave that reaches the shore gently laps over your feet and between your toes. You decide to walk out a little deeper into the water, so that it reaches your knees, and then up to your waist. You pause as you feel each wave gently come to meet you. You can choose to stay here, greeting each wave, or maybe you move a little further out into the water, until you can lift your feet and start to float.

Notice how the ocean feels on your skin, maybe you can smell the salt, and hear the noises of the waves and the birds flying overhead. You feel the sun shining on your face, warming your skin.

You feel calm and peaceful, held by the ocean. We are all made up of so much water, and you start to feel yourself become part of what's around you. Your arms and legs softly moving with each new ebb and flow of the waves.

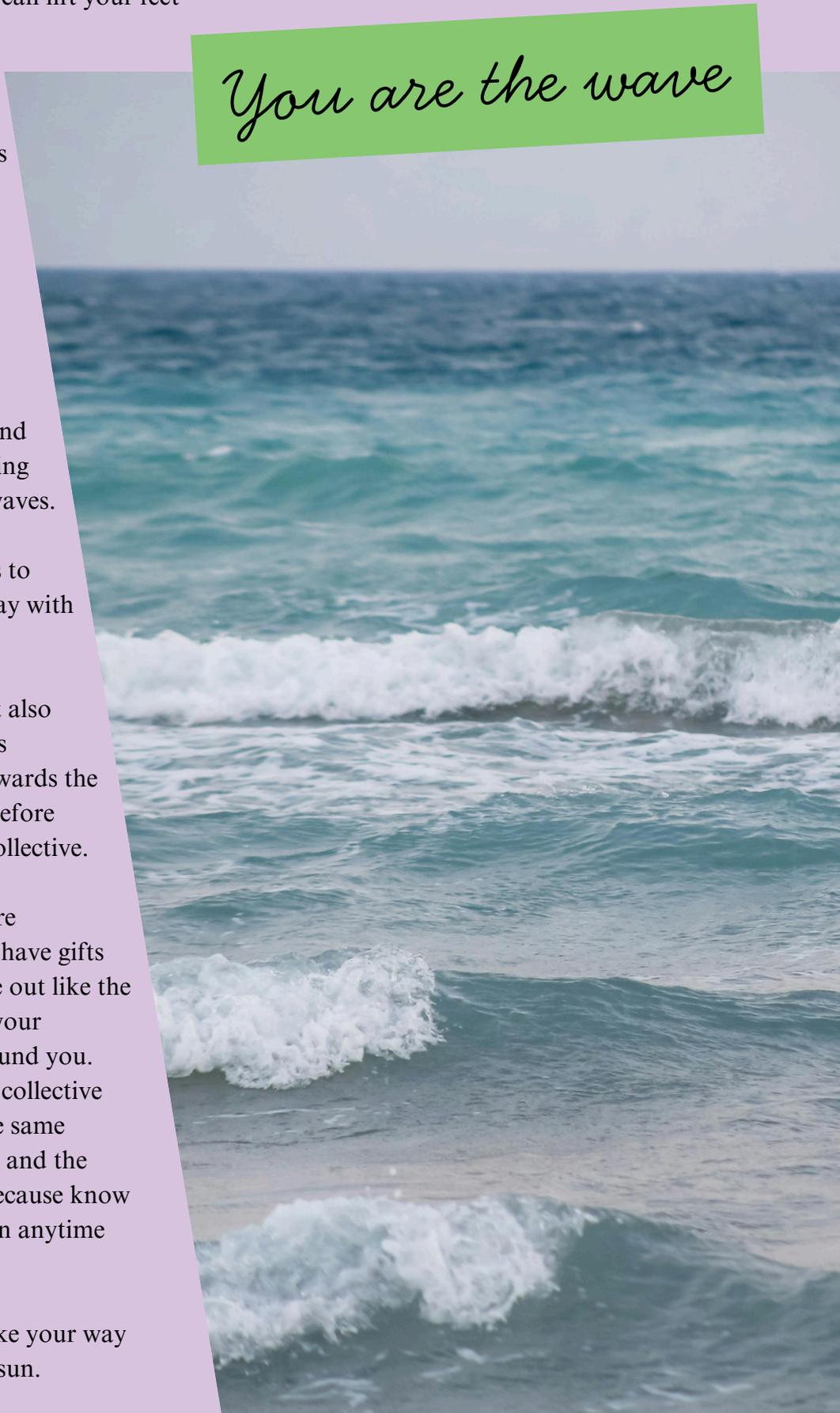
You sense each new wave as it starts to rise and flow. You let your body sway with each gentle movement.

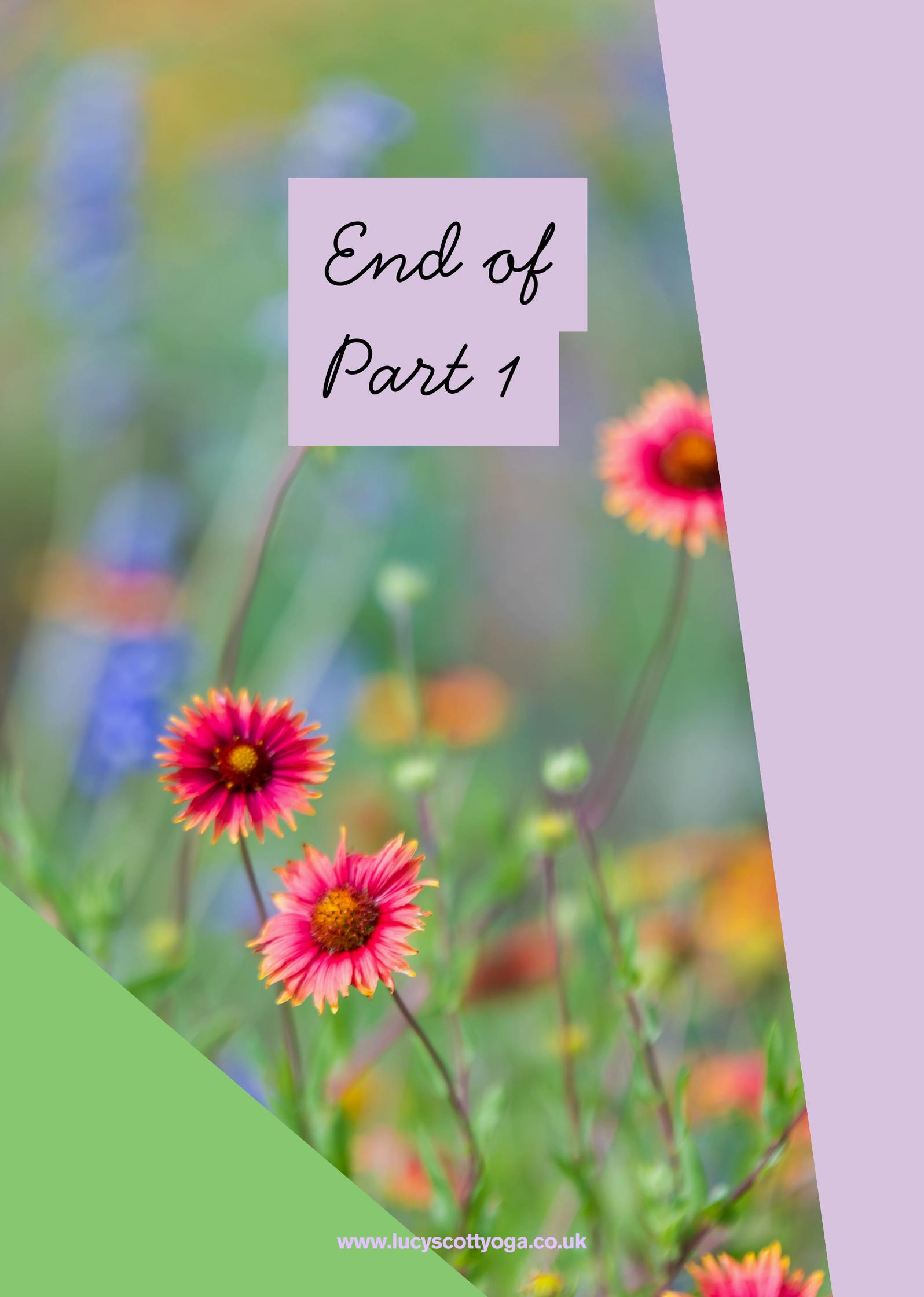
Each new wave is part of the sea but also uniquely individual. Each one has its own moment to lift up and reach towards the sun, rolling and flowing forwards. Before coming back in, a vital part of the collective.

You understand that you yourself are completely unique and special. You have gifts that you can bring forwards to shine out like the warmth of the sun. You know that your uniqueness and gifts help others around you. You are part of something bigger, a collective consciousness, that would not be the same without you. You are both the wave and the ocean. You feel peaceful and held because you can call on the support of your ocean anytime you need it.

When you are ready, you gently make your way back to the shore and dry off in the sun.

*You are the wave*





*End of  
Part 1*