



Little Pockets of Calm

Life's a Picnic

Festival of May

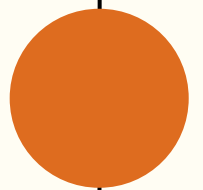
“The ancient feasts of fire and sun, and Beltane's sun
would rise tomorrow.”

Diana Gabaldon



Contents

Editor's Note
May's Affirmations
Beltane & Ritual
Yoga & Meditation
Kitchen Corner
Little Pockets Book Club
Move With Lucy





Editor's Note

Thank you so much for your continued support of *Little Pockets of Calm*. I hope you enjoy this issue.

April flew by in a whirlwind of pink cherry blossom and walks in bluebell woods, chasing light and shade. The trees and hedgerows became fuller and greener, and the air now has that familiar buzz and chirps of insects and birds.

It was a month of building movement and energy. I noticed that classes were fuller with people coming back to their practice, which has been such a joy.

So, thank you to April for blowing out the cobwebs, for bringing some energy back into tired bones, for reminding us what it feels like to step outside again and begin.

And now, May arrives with a slightly different feeling. The energy softens into something steadier and more spacious. The days stretch a little further, the evenings linger, and there's a sense that we're coming into a new season.

The 1 May marks Beltane - the traditional half-way point between spring and summer. It's a festival of fertility, creativity, connection and transformation - often symbolised with fire.

I've enjoyed reading up on Beltane and Walpurgis night - witches and dancing on mountain tops, and I've written more about it later in the magazine.

1 May is also a full moon - in fact there are two full moons in May. The first, is the Flower Moon, named after the wildflowers that come into abundance in May. This moon is also a powerful one for personal abundance and confidence. The full moon at the end of the month is a Blue Moon. Blue Moons are sometimes viewed as a bonus lunar round, if you will, that gives you a second opportunity to set intentions or revisit goals from the beginning of the month.

So maybe we can take May as our resolution-setting month, but take the whole of it to think about what we want to call in and what we want to let go of. We could try some things out that start, see what feels right, and then embed them on the Blue Moon at the end of the month. Releasing anything we're ready to let go of with the end of spring.

Hopefully, however this month is, May won't run away as fast as April did!

In this month's magazine, we have all our usual features: it's a pleasure to bring them all together each month. For May's *In the Kitchen* I've leant into the change in weather and recommended picnic/bbq accompaniments, as one of my big intentions for May is to get outside more.

Little Pockets Book Club has two new recommendations plus an update from the in-person event. Thank you so much to everyone who has come to book club or supported it in some way -it's a joy to host! And even I'm excited to see what I come up with for our 'book-inspired' yoga class based on this month's pick.

We also have our Yoga pose of the month and meditation - I've recorded the meditation too, so you can listen to it this month as well as reading it!

We also have our article on Beltane and a suggested ritual you could do to celebrate it.

As I mentioned, Beltane is about community, connection and celebration. I'm so proud of the community that's continuing to grow here and at my classes. To those who come every week - thank you for your dedication, I say it all the time but I truly mean it: I look forward to our classes together. To those who come when they can, thank you so much - it's always so special to see you. And to those who support this community in other ways whether that's through word-of-mouth recommendations or good thoughts, I'm grateful. I celebrate you!

Have a wonderful May, I look forward to hearing all about it.

Lucy x



Lucy Scott
Yoga

www.lucyscottiyoga.co.uk

I release fear and embrace the
power of my own abundance.

I surrender to the fire of
transformation and allow it to
burn away what no longer serves
me.





A Beltane Ritual

At its heart, Beltane invites to notice what is making you feel *alive*. What are you drawn to right now, what is lighting you up, what are you passionate about? Here's a way you can celebrate Beltane with your own moment of connection without travelling to the Brocken.

You'll need:

- A candle
- A small piece of paper and a pen
- Something from nature like a flower, leaf, or small branch
- A warm drink

1. Create your space

Find a quiet moment, either in the evening or during soft daylight, and place your candle and your natural object nearby. Let this be a small, intentional pause in your day.

2. Light the candle

As you light it, take a moment to acknowledge the season turning - the longer days, the growing warmth, the sense of life becoming more visible. You might quietly think: *I welcome the light and the energy of this new season.*

3. Pause and notice

Sit for a few moments and gently reflect: *What feels most alive in my life right now?* This could be something external, like a project or relationship, or something quieter - a feeling, a shift, a sense of possibility. Write down a few words or a sentence, without overthinking.

4. Connect outward

Beltane is a time of togetherness. If it feels right, reach out to someone - send them a message, invite someone over for a meal, or simply hold them in your thoughts. Beltane is as much about connection and community as it is about growth and transformation.

5. Sit with warmth

Hold your drink, noticing its warmth in your hands. Let this be a moment of stillness with no need to do anything more: just sitting, breathing and allowing yourself to be part of this moment in time.

6. Close gently

Blow out the candle, carrying a sense of warmth and quiet appreciation into the rest of your day or evening.

Yoga

Half-Moon (Ardha Chandrasana)



Half Moon is a pose that explores balance and openness.

Standing on one leg, with your body gently expanding outward, it can feel both steady and spacious at the same time. There's a sense of reaching - through the lifted leg, through the top arm - while still staying grounded through what supports you. This pose is about enjoying the wobbles, the shifts in balance, the moments where you need to adjust or step out and begin again. All of this is part of the experience.

Half Moon can feel both energising and steadying. Take your time, and remember that coming in and out of the pose is just as much a part of the practice.

1. Begin in a lunge or standing position and bring your weight forward into your front foot, preparing to shift your balance.
2. Slowly transfer your weight into your front foot (for example, the right foot), placing your hand lightly on the floor or I like to use a block (see photo) a little in front of the edge of the mat.
3. Gently lift your back leg, bringing it to hip height - keeping it active will help your balance.
4. Begin to turn your chest to the side, stacking one hip over the other. You might keep your top hand on your hip, or reach it upward.
5. Find your balance - soften through the standing leg, press gently into the ground, and allow your gaze to settle wherever feels most steady.
6. Stay for a few breaths, allowing small adjustments. Breathe.
7. Come out slowly and with control, lower the lifted leg and return to your starting position.

Meditation

I have pre-recorded this meditation and you can listen to it [here](#).

Begin by lying comfortably on your back and let your arms rest slightly away from your body, palms facing upward. Allow your feet to flop open and gently close your eyes.

Take a slow, deep breath in... and then exhale fully. Again, inhale deeply... and exhale full, releasing the day. Feel the gentle rise of your tummy as you inhale... and the soft fall as you exhale.

Imagine your breath like a warm breeze, flowing easily through your body.

Begin to count your breaths backward from 10 to 1.

10... inhale... exhale... 9... inhale... exhale...

Continue at your own pace until you reach 1. If you lose count, just start again at 10 - no pressure, no judgement.

When you're ready, visualise yourself in a lush green meadow at dusk. The air is soft and alive with possibility. Around you, flowers are beginning to bloom vibrant, radiant and full of life. In the center of this meadow is a glowing fire. This is the Beltane fire and it's warm and inviting and full of creative energy. Slowly, you walk toward the fire and feel its warmth on your skin, it's gentle and energising. This fire represents transformation, passion and new beginnings. As you sit beside it, imagine placing into the fire anything you are ready to release - any old patterns, doubts or fears. Watch them dissolve into light and ash.

Now, from the heart of the fire, something begins to rise - a spark, a symbol, or a feeling. This is the energy you are calling into your life. It may be growth, creativity, love, confidence or renewal. Allow this energy move toward you and gently enter your body, filling your heart, your belly, your whole being. Feel it glowing within you, like an inner flame - steady, alive and nourishing.

Rest here for a few moments, absorbing this energy.

Maybe you'd like to set an intention for this next season - this transition to summer. If so, repeat your intention silently three times, with feeling, as if it is already unfolding in your life.

When you're ready start to bring your awareness back to your physical body. Feel the contact between your body and the ground. Notice the room around you.

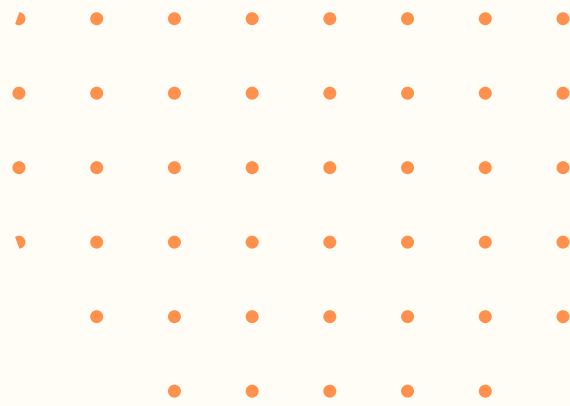
Gently deepen your breath.

Begin to wiggle your fingers and toes and then stretch your arms overhead.

When you're ready, slowly roll onto your side and just take a moment there.

Then, gently come up to a seated position, keeping your eyes soft or closed. Rub the palms of your hands together vigorously to create heat, then, like your washing your face, run your warm hands over your eyes and cheeks and feel the warmth from them. Opening your eyes when you're ready to do so.

In The Kitchen: Life's a Picnic



In May, UK produce really starts to show off - everything turns greener, lighter and tastier. You've got asparagus in full swing, peas and broad beans arriving, herbs everywhere and those first properly sweet strawberries.

And (hopefully) the weather to eat al fresco - these dishes are perfect to take with you to the park or on a sunny walk, or to have at a bbq.

Salads with a punch

Broad bean & feta salad with fresh mint

Seasonal stars: broad beans, mint

Fresh, punchy and slightly salty, these ingredients also go so nicely with couscous and black olives.

Spinach, feta, strawberry & black pepper

I'm a big fan of putting feta and strawberries together. Sweet, salty and fresh.



Asparagus & goat's cheese tart

Seasonal star: asparagus

Pastry, soft goats cheese and a bit of lemon zest - simple but feels fancy.

Eton Mess Traybake

A bit dramatic, but worth it.

Ingredients

For the sponge:

- Butter: 350g unsalted, softened
- Caster Sugar: 350g
- Self-Raising Flour: 350g
- Eggs: 7 medium
- Vanilla Extract: 2 tsp
- Strawberries: 350g, halved

For the topping:

- Double Cream: 400ml
- Icing Sugar: 2 tbsp
- Meringues: 4–6 (store-bought or homemade), roughly broken
- Fresh Strawberries: 250g, halved or quartered

Method

1. Prep and mix: preheat your oven to 180°C (160°C Fan) and line a 9x13in tin with greaseproof paper. Cream the butter and sugar until light and fluffy, then beat in the eggs, flour and vanilla until smooth.
2. Bake the sponge: pour the batter into the tin. Scatter the halved strawberries over the top and sprinkle with 1 tsp of granulated sugar. Bake for 45–55 minutes until a skewer comes out clean.
3. Cool completely: let the cake cool in the tin for 10 minutes before moving it to a wire rack. It must be fully cold before you add the topping, or the cream will melt.
4. Whip and decorate: whip the double cream and icing sugar until thick and spreadable. Spread it over the cooled sponge, then pile on the crushed meringues and the remaining fresh strawberries.

Because of the fresh cream, this cake should be stored in the fridge and eaten within two days.





Little Pockets Book Club

The Women & The Wedding People

We had two great and very different reads for April.

The Women was a powerful and deeply moving story set during the Vietnam War. In it, we followed Frankie, a young nurse who joins the Army in honour of her brother and is forever changed by what she experiences. The book shone a light on the overlooked role of women in war (one of the most startling things to learn was how veteran women were often told “there were no women in Vietnam” upon returning home). As well as the lasting impact of the trauma of war, and the courage and resilience to be both overseas and to return home to a very different life.

At book club we discussed the level of research that had gone in to writing *The Women*, and how emotional, immersive and thought-provoking it was to read.

The Wedding People by Alison Espach, was also an emotional and thoughtful read, but with a little more humour. Phoebe’s life has changed completely since her divorce and she no longer recognises where she is. She decides to book herself into an expensive hotel she had looked at visiting with her husband. Upon arriving, she realises she is the only person there who’s not part of a wedding party. The bride, finding out about Phoebe’s arrival, takes it upon herself to make sure her wedding week isn’t ruined by a stranger. Over the next few days, the two women get to know each other and come to change each other’s perspectives on love and life in surprising ways. I found it melancholic at times but also darkly funny, and it has some great observances of character.

May's Reads

Butter, by Asako Yuzuki

Dark, indulgent and provocative, *Butter* follows a journalist investigating a female serial killer obsessed with food, desire and control. As their lives begin to intertwine, questions around appetite (for love, success and satisfaction) come sharply into focus. Atmospheric and thought-provoking, this is a rich, slow-burn read that explores gender, obsession and the cultural pressures placed on women.

We will be discussing it at **Book Club on 31 May at Eastthorpe Hall** - book your space to join us! As I said, I'm excited to see what yoga flow this book inspires!

The Lost Bookshop, by Evie Woods

A charming and magical story about stories themselves, *The Lost Bookshop* follows three lives across different timelines, all connected by a mysterious bookshop that seems to appear exactly when it's needed most. As past and present begin to intertwine, secrets are uncovered, lost voices are reclaimed, and each character is drawn toward a new chapter in their own life.

Full of heart, hope and a touch of whimsy, this is a cosy and uplifting read about second chances, self-discovery and the quiet power of books to change everything.

Let me know what you think if you read them!

Move with Lucy

What's Coming Up in May



Relax & Unwind: Restorative Yoga, Yoga Nidra & Reiki

Always popular, this workshop blends the healing energies of Reiki, the supportive stillness of restorative yoga and the deeply restful practice of Yoga Nidra. Find a deep sense of calm, relaxation and healing.

Eastthorpe Hall, Sunday 24 May, 4.00pm

Book Club

Join us to discuss *Butter* and have a giggle.

Eastthorpe Hall, Sunday 31 May, 4.00pm

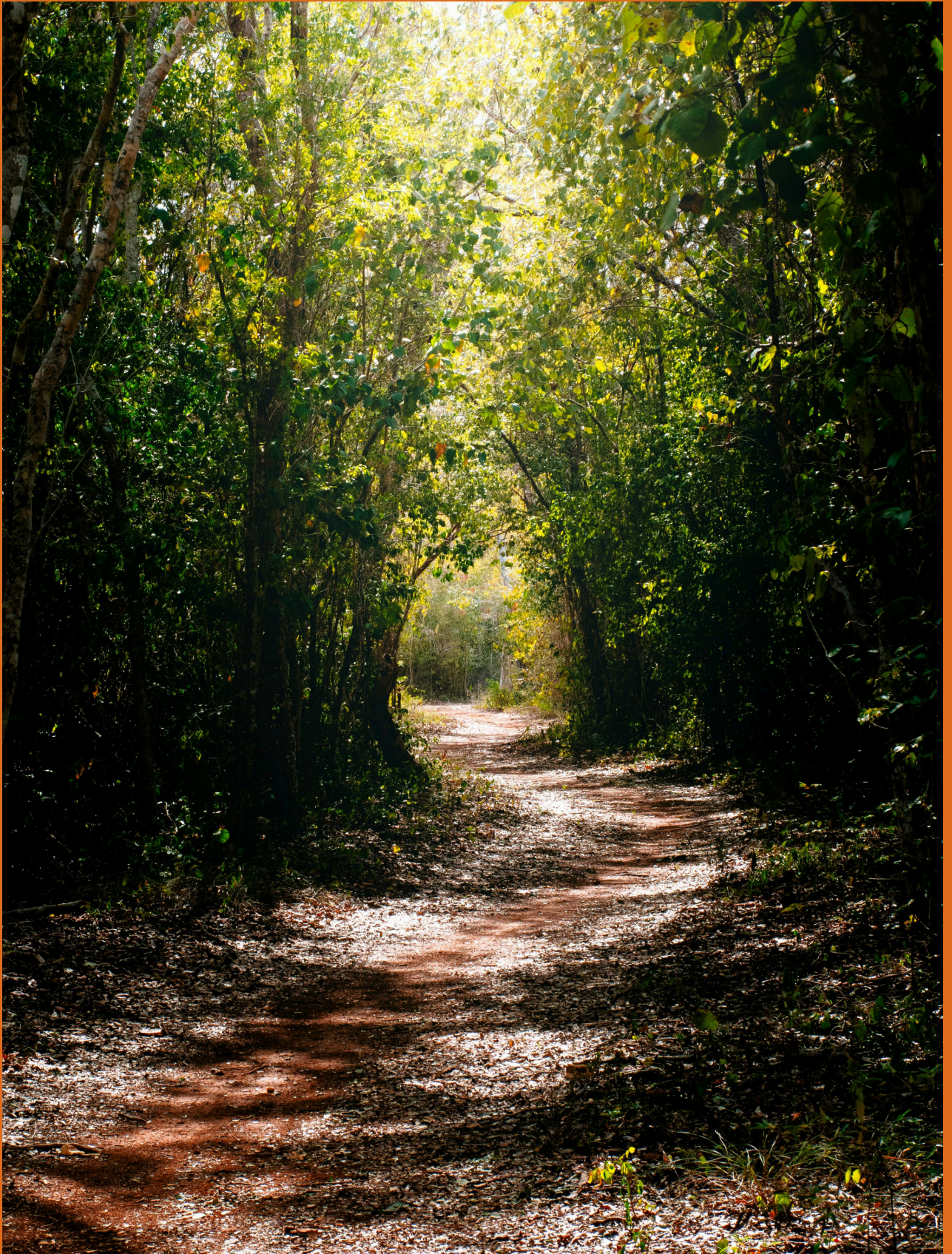
Summer Day Retreat

Celebrate the solstice weekend with a truly special day just for you. Join us at the beautiful Croft House in Upper Hopton for a full day of yoga, meditation, creativity and good food! It's a chance to slow down and soak up the magic of summer.

Croft House, Upper Hopton

Saturday 30 June, 10.00am

www.lucyscotttyoga.co.uk





Thank you

Here's to looking forward to May. To its light, softness and abundance. Here's to the longer evenings spent with friends, or sat in the garden with a good book. Here's to the small reminders to step outside. look up and feel full of life. Here's to the moments of connection, joy and celebration that we are here now.

Thank you for reading *Little Pockets of Calm*,
See you in June.

www.lucyscotttyoga.co.uk

Find Your Little Pocket of Calm



www.lucyscotttyoga.co.uk