

LITTLE POCKETS OF CALM

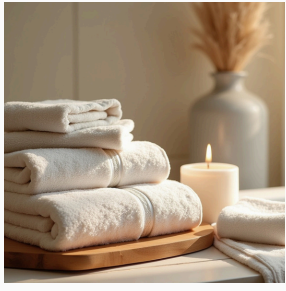
Settling into the Light

**June 2026
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Editor's Note

"And then, one fairy night, May became June."
F. Scott Fitzgerald

And so we stand, spring coming to an end and summer well and truly upon us. June also sees the Solstice - the bittersweet moment of the height of summer and the turn of the cycle back towards winter. It's a moment to celebrate and to reflect. To look a head and to think back.

I've been thinking a lot about stories recently - the stories we read, the stories we share, and the stories we're quietly writing every day through the choices we make and the moments we notice.

In this month's magazine, we're Settling into Lightness - we're pressing pause to enjoy our own stories. Inside this issue you'll find reflections on the Summer Solstice, a gentle at-home spa ritual, a flower-filled home, a summer reading hour, Sun Salutations, yoga and plenty of invitations to slow down and enjoy the season.

As always, it's designed to be dipped into with a cup of tea, saved for a quiet moment, and enjoyed at your own pace.

I hope it inspires you to make space for simple pleasures, lighter evenings and the little things that help you feel most like yourself.

Thank you for taking the time to read this, enjoy!

Lucy x



At Home Spa RITUAL

There's something wonderful about slowing down and creating space to simply be and, as much as it would be lovely to go to a spa every week, that's not normally possible.

But an at-home spa ritual doesn't need expensive products or hours of free time. Instead, it can be just a few simple moments of care and giving yourself permission to pause and tune into your senses.

Open a window or sit outside

Begin by letting fresh air into your space, or take yourself outside for a few moments. Notice the warmth of the day, the sounds around you and the feeling of being connected to the present moment.

Infuse water with cucumber or mint

Prepare a jug of cool water with a few slices of cucumber or a sprig of mint. A small touch that makes an ordinary drink feel a little more like a spa classic.

Invite in a calming scent

Choose an essential oil that feels like summer to you. Perhaps it's the uplifting freshness of sweet orange, the gentle notes of lavender, or the bright citrus scent of bergamot. Add a few drops to a diffuser and allow the fragrance to slowly fill the room.

Enjoy a face mask or foot soak

Choose something simple and soothing to create a moment of comfort and care.



Candle Flame
Soft / Blanket

Spa collection /
June 2026



Cleanse
Soak / Petal

Spa collection /
June 2026



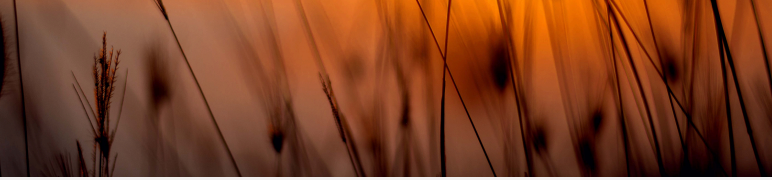
Dream / Mask
Restorative

Spa collection /
June 2026

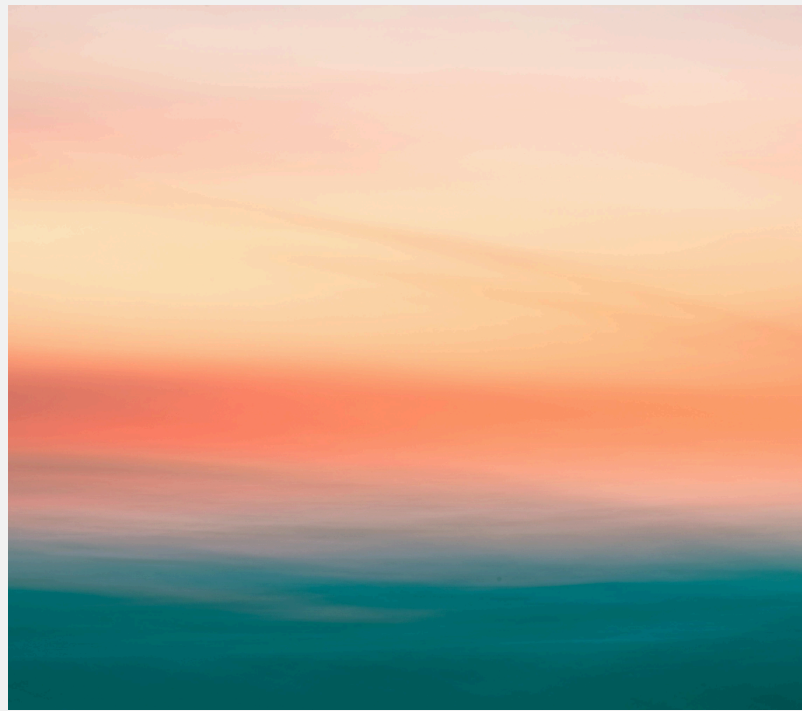
Spend a few quiet minutes

Sit, breathe, release. Enjoy the feeling of the warm water on your toes or the smell of the mask on your skin. Or simply rest - no phone, no to-do list, no need to be productive.

At its heart, this ritual is about permission - permission to slow down, enjoy simple pleasures, and make space for yourself. If you're craving a little more of this feeling, you'll find many of these same ingredients woven into the Summer Retreat Day in June: self-care, nourishment and time to simply be.



IT'S ALL ABOUT **Surya Namaskar**



On 20 June at the Summer Retreat, we'll be exploring different Sun Salutation variations together. Moving slowly, noticing how the body feels and taking time to appreciate the simple joy of flow and repetition of movement.

As the days grow longer and the mornings brighter, it feels fitting to turn our attention to one of yoga's most familiar sequences: Surya Namaskar, or Sun Salutations.

Today, Sun Salutations are often used to warm-up and build strength, but their roots lie in something deeper. Traditionally, the sequence was a way of honouring the sun (Surya) - not just the sun in the sky, but the source of light, warmth, energy and life itself.



The story behind the salutation

According to legend, when Hanuman (the monkey God) was a baby, he woke up hungry, looked at the horizon, and mistook the rising sun for a giant ripe mango. Driven by his divine strength, he leapt into the sky, soared toward the heavens and popped the entire sun into his mouth to eat it.

This act plunged the universe into darkness, which angered the gods.

Hanuman, mortified by his mistake, begged Surya (the sun god) to teach him the sacred texts and Surya realised the powerful young monkey needed a proper teacher. Because Surya's chariot never stopped moving across the sky, Hanuman agreed to keep up with him, flying backward across the sky while facing and listening to his teacher.

When his education was complete, Hanuman wished to offer his teacher a traditional fee but Surya declined, stating that teaching a worthy student was reward enough. In deep gratitude and humility, Hanuman offered his respectful greetings, his namaskars, to the sun.

This sequence of chasing and bowing to the moving sun inspired the flowing postures of Surya Namaskar. While many of us no longer rise at dawn to offer prayers to the sun, there's still something meaningful about beginning the day with awareness. Sun Salutations invite us to pause, move and connect with the rhythm of our bodies before rushing into the demands of the day.

Perhaps this is why the sequence has remained so enduring - each round contains a gentle cycle of reaching and folding, effort and ease, grounding and lifting. We move forwards and backwards, only to return once again to where we began. There's nowhere to go, and nowhere to be.



Meditation for Contentment

Settle into a comfortable position, closing your eyes if you feel comfortable to do so and connect with your breath by taking slower, deeper breaths. Let your ribs and tummy expand with your inhale, and then let them gently fall with your exhale. Feel a growing expansiveness with each breath you take.

Inhaling, feel yourself filling with a joyful, bright, vibrant energy; exhale and release anything old and stale.

Imagine yourself in the countryside. The weather is warm, and you can feel the sun on your skin as you walk along paths through trees. Up ahead, you notice a clearing. An opening. You feel guided, as you walk leisurely towards this space.

The closer you get, that sense of joy and contentment in your tummy continues to grow. You smile to yourself as you walk along the path to the opening. As you reach the opening, you become aware of a beautiful glowing energy.

Up ahead lies field upon field of golden yellow. Sunflowers, with their glorious petals and the dark depths of their centres, reaching up towards the sun for strength.

You begin to walk through the field and you notice the different sizes of the sunflowers; some shorter, some reaching up towards the sun. You pause to observe the heads. Some are heavy and filled with seeds, others have thousands of tiny flowers within. As you walk through the lines of sunflowers, you are filled with joy, contentment and positive energy.

You find somewhere peaceful to rest amongst the sunflowers. Their heads offering a gentle shade from the warm sun.

The sunflower is a symbol of courage, faith, friendship, cheerfulness, vitality and abundance. These golden drops of sunshine inspire you to reach for more joy and contentment within your life. What creates a sunny disposition for you? Where would you like more abundance and wellbeing?

As you rest among the sunflowers, you absorb their sunshine, joy and contentment. Resting and breathing to your centre of being.

Just as the sunflower's head turns to follow the sun across the sky from east to west, and just as they return at night to face the morning sun, you are reminded to follow your own sunshine and happiness. That each day is an opportunity to start again and connect. To turn your face towards the sun and absorb its vitality.

In your field of sunflowers, breathing deeply, turn your face towards the sun now and feel the warmth on your face, feel it travelling all the way down towards your toes.

Slowly guide yourself back, holding on to those feelings of joyfulness and contentment for the rest of your day.



Kitchen Corner



June is one of the best months for seasonal cooking in the UK. The range of produce really opens up: sweet peas, broad beans, courgettes, tomatoes, cucumbers, salad leaves, cherries, raspberries and plenty of strawberries. Think lighter, fresher and more colourful.



Tomato, Cucumber & Herb Salad

Seasonal stars: tomatoes, cucumbers
As British-grown tomatoes improve, simple salads are easy, healthy and so delicious.



Pea & Herb Gnocchi

Seasonal stars: peas, herbs
Mix peas into a light cream or mascarpone sauce with plenty of fresh herbs.

Raspberry & White Chocolate Traybake

Seasonal stars: raspberries

A crowd-pleasing bake that's excellent for garden gatherings. The sponge is soft and fluffy, with bursts of gooey, tangy raspberries, all dotted with the sweet and creamy white chocolate chips.



A FLOWER FILLED **home**



One of my favourite things about June is how colourful it feels. Everywhere you look, something is growing, flowering or stretching towards the sun. Roses begin to bloom, wildflowers fill verges and hedgerows, and gardens seem to change a little every day.

Bringing flowers into the home is a simple way to stay connected to the season. They don't need to be expensive bouquets or perfectly arranged displays - just a few stems from the garden, a handful of wildflowers gathered on a walk, or even a single bloom in a small vase can bring a little of the outside world indoors.

There's something grounding about taking a moment to notice what's growing around us. Which flowers are appearing this month? What colours are catching your eye? What reminds you that summer is beginning to settle in?

You might create a small arrangement for your kitchen table, place a posy beside your bed, or keep a single stem on your desk. These small touches are then your reminder to pause and appreciate the season, even on busy days.

If you'd like to make the flowers last a little longer, try pressing a few blooms or leaving them out to dry. Weeks later, you'll have a small reminder of June tucked away, ready to be used in a journal, a card, or simply rediscovered when the seasons change again.

A flower-filled home brings beauty into everyday spaces and allowing yourself to enjoy it. Sometimes the smallest seasonal rituals are the ones that stay with us the longest.

HOW TO PRESS YOUR FLOWERS

1. Choose fresh, dry flowers or petals that aren't too thick.
2. Place them between two sheets of baking paper or plain paper.
3. Carefully tuck them inside the pages of a heavy book.
4. Add a few more books on top for extra weight.
5. Leave for 2-4 weeks until completely dry and flat.
6. Use your pressed flowers to decorate journals, bookmarks, greetings cards, or simply keep them as a reminder of the season.

Tip: smaller flowers such as daisies, forget-me-nots, pansies and buttercups press particularly well.



LITTLE POCKETS BOOK CLUB

In May, *Butter* by Asako Yuzuki, was our read and it was a great choice because it's a book that's not easily defined. It's a book about food, about eating and cooking, but also a book about desire and manipulation, power and vulnerability, about friendships and relationships. Also a strong message about finding your own space and comfort.

We started this month's book club with a restorative yoga practice, melting (like butter) into each pose - releasing expectations, and finding space and comfort.

There came homemade biscuits and tea in the garden for our book discussion. Some of us loved the book, some of us didn't finish it (including me because I ended up running out of time), and some of us landed somewhere in-between not loving it but being glad we had read it. A great read to get us thinking.



Next month

Next month instead of travelling to another continent, we're staying a little closer to home with **The Offing** by Benjamin Myers.

Set during a blazing summer in the wake of the Second World War, *The Offing* recounts a tender story of love and friendship between a teenage miner and an eccentric older woman. Evoking the striking landscapes of the Durham Coast, this novel is an enthralling depiction of the journey from adolescence into adulthood.

One summer following the Second World War, Robert Appleyard sets out on foot from his Durham village. Sixteen and the son of a coal miner, he makes his way across the northern countryside until he reaches the former smuggling village of Robin Hood's Bay.

There he meets Dulcie, an eccentric, worldly, older woman who lives in a ramshackle cottage facing out to sea. Staying with Dulcie, Robert's life opens into one of rich food, sea-swimming, sunburn and poetry. The two come from different worlds, yet as the summer months pass, they form an unlikely friendship that will profoundly alter their futures.

Join us at Eastthorpe Hall on Sunday 28 June to discuss how you found the read!



Summer Solstice



Around 21st June each year, we reach the Summer Solstice - the longest day and shortest night of the year here in the Northern Hemisphere.

For thousands of years, people have marked this moment in the seasonal calendar. Ancient monuments such as Stonehenge were carefully aligned with the rising sun, and communities gathered to celebrate the abundance, warmth and vitality of midsummer.

The Summer Solstice represents a turning point. We arrive at the peak of the light, with the sun at its highest point and nature in full bloom. Fields are growing, gardens are bursting with colour, and the world feels alive with possibility.

Yet there is something beautifully bittersweet about the Solstice too. Although we are celebrating the longest day, it is also the moment when the wheel begins to turn once more. From this point onwards, the days gradually begin to shorten. We're always moving in cycles - growth is followed by rest, light followed by darkness. Nothing stays the same forever.

The Solstice offer a chance to pause and notice where we are. To appreciate what has grown since the beginning of the year. To acknowledge the people, experiences and moments that have had an impact or influence. In a world that often encourages us to rush ahead, the Summer Solstice invites us to slow down and enjoy a moment in the longer light.



RETREAT DAY

This summer solstice, mark it with a day of joy, yoga, creativity, connection and calm.

Imagine setting aside a day just for yourself. A day to move gently, breathe deeply, create something with your hands, and enjoy the simple pleasure of being looked after.

Join us for the Summer Retreat Day, a nourishing gathering inspired by the same themes that have filled these magazine pages: seasonal living, mindful movement, creativity, community and finding joy in life's softer moments.

Together, we'll enjoy:

- 🌿 Gentle yoga and movement
- 🧘 Guided meditation and relaxation
- 🎨 A creative workshop making summer ribbon wreaths
- 🍽️ A delicious two-course summer lunch
- ☕ Tea, coffee and sweet treats throughout the day
- 💛 Time to connect with like-minded people

Whether you're a regular or occasional yogi, the day is designed to be welcoming, relaxed and accessible. No pressure. No rushing. No need to achieve anything. Just a chance to step away from everyday demands and spend a day immersed in calm, creativity and summer light. I'd love for you to join us.

Date: Saturday 20 June

Location: Croft House, Upper Hopton

Booking: <https://lucyscottyyoga.co.uk/portfolio/summer-retreat-day/>



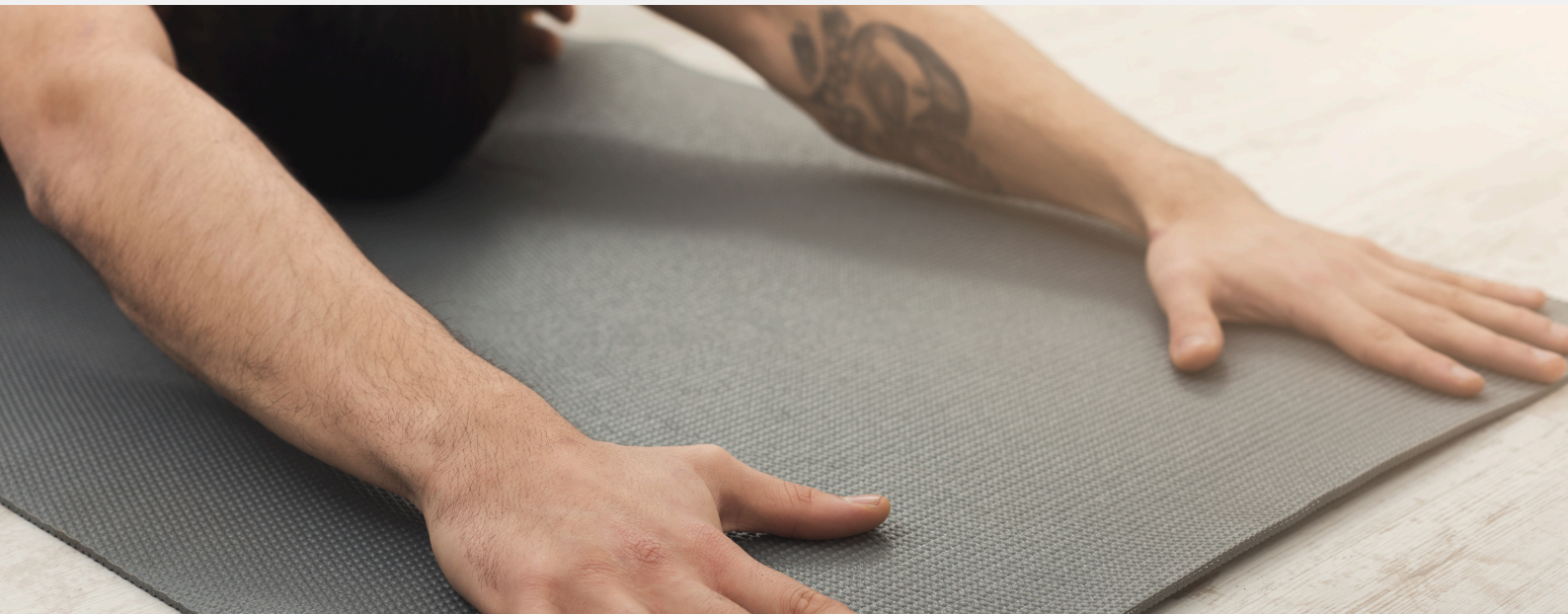
Move With Lucy

June is going to be a wonderfully movement-filled month, and I'd love to see you on the mat or the Reformer somewhere along the way!

Alongside my regular yoga classes, I'm now teaching Pilates at WellNest Studio in Kirkstall on Tuesday evenings. If you're looking to build strength, improve mobility and move in a way that feels both challenging and rewarding, come and join us.

You'll also find me teaching Reformer Pilates at Prominence Pilates in Cleckheaton on Wednesday and Saturday mornings, as well as at Duo Pilates in Farsley on Tuesday mornings.

One of my favourite classes at the moment is our fusion session at Duo, which combines both mat Pilates and Reformer Pilates into one energising 45-minute class. It's a brilliant mix of strength, movement and fun - a great way to try something a little different.



Reiki

If you're looking for a little extra space to rest and recharge this summer, Reiki appointments are available throughout June. Reiki is a gentle, calming treatment designed to encourage deep relaxation and help you slow down amidst the busyness of everyday life. Many people leave feeling lighter, more grounded, and with a renewed sense of calm.

Whether you're feeling overwhelmed, navigating a busy season, or simply craving some time for yourself, a Reiki session offers an opportunity to pause, unwind, and reconnect.

Appointments are available throughout the month. Please get in touch for availability or visit my website to book a session.



Thank You

As we close the pages of this month's magazine, thank you for spending a little time here with me.

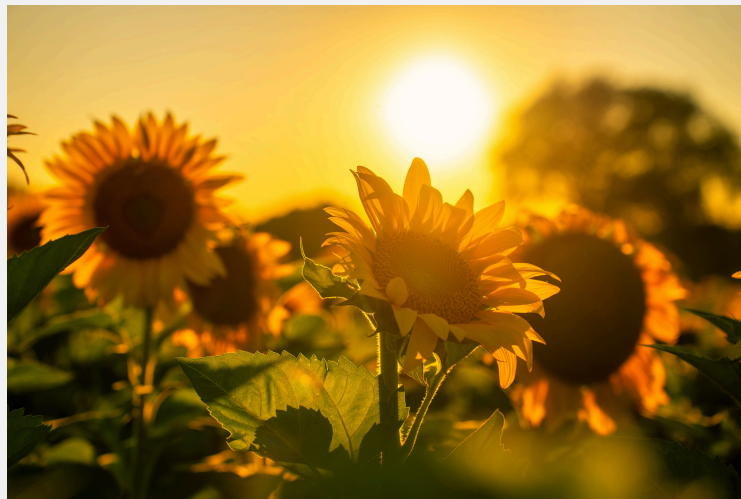
I hope you've found something to inspire you to slow down, soak up the season and settle into the lightness of June. Whether that's a sunny hour with a book, a bunch of flowers on the kitchen table, a few rounds of Sun Salutations, or simply a moment to pause and notice your breath during the day.

And if you're craving a little more space for Summer yourself this summer, I'd love to welcome you to the Retreat Day in the beautiful Upper Hopton. A whole day inspired by the same ideas woven through these pages: movement, creativity, connection, rest and simple seasonal pleasures.

Until next month, here's to lighter evenings, slower moments and making time for the things that help you feel most like yourself.

See you in July!

Find your
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POCKET
OF CALM



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