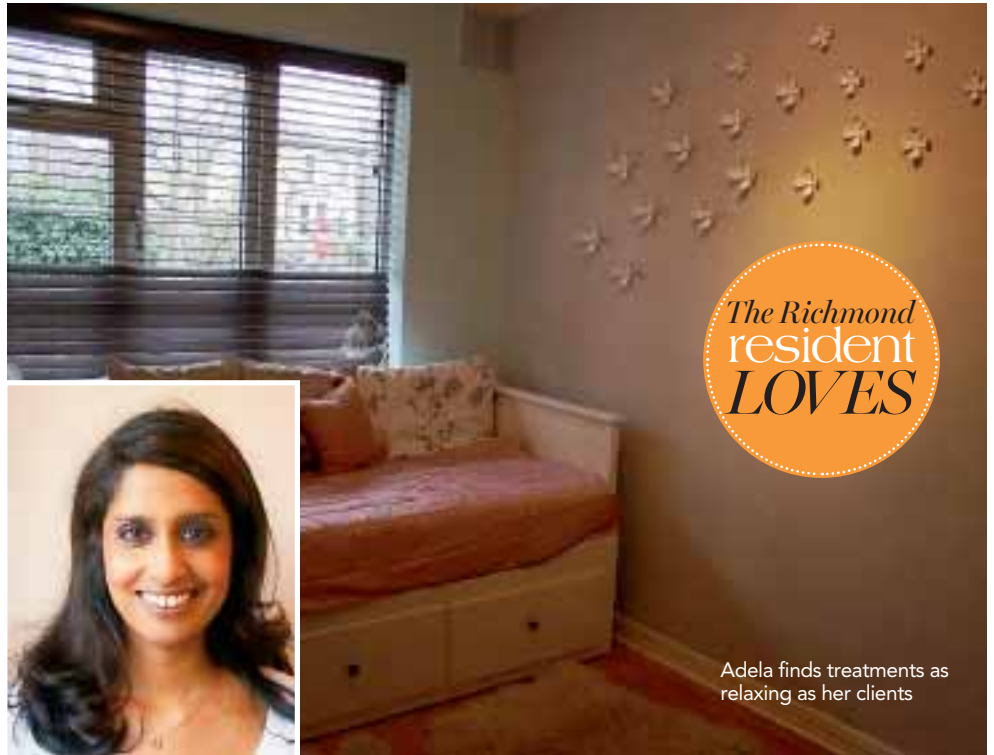


Art of Relaxation

We meet four Richmond locals who are making stress free living an art form

Many simple things in life can bring a great sense of well being; from a walk along the river on a sunny day to an afternoon spent laughing with a friend, that great sense of contentment we gain from those snap-shot moments can be worth their weight in gold; but often they're all too fleeting and the fast pace of juggling life leaves us struggling to find time for ourselves. Described as an oasis of calm, we talk those who bring tranquillity to Richmond...



The Richmond resident **LOVES**

Adela finds treatments as relaxing as her clients



During my studies I saw how reflexology could be used to help others

Reflexology

Adela Greenfield is a reflexology expert practising in Richmond and founder of Adela Greenfield Reflexology

How did you become involved in practising reflexology?

I started having reflexology treatments a few years ago to help me relax and sleep better whilst I was going through a busy period at work. Before long, I was hooked. When an opportunity arose to take a break from my legal career, I enrolled at the London School of Reflexology to learn more.

What inspired you to start your reflexology business?

During my studies I saw how reflexology could help others. Many people on the course had signed up to help family members through cancer and other conditions. It got me thinking about it as a rewarding career. As I knew many women having difficulties conceiving I specialised in maternity treatment.

How did it compare to your previous job?

I enjoyed my legal career but after 12 years a new challenge was needed. The roles are similar in some ways; both give me lots of client time which I love. Reflexology offers a much calmer pace of life (no more cramped commuter trains to Waterloo) and luckily I find giving treatments just as relaxing as receiving them!

Has it changed your outlook?

Absolutely. It gives you a new perspective. I get a huge satisfaction knowing that I'm helping people.

How do you unwind at the end of the day?

A good cup of camomile tea and a warm bath usually does the trick. Chris James's yoga classes in Richmond are also amazing!

❖ Head to adelareflexologylondon.co.uk or call 07740 586246 for details.

Also try

❖ Optimum Reflexology

Rachel Kelly is a qualified nurse providing home visits for those in the Richmond and Twickenham area. 07921 764 919; optimumreflexology.co.uk

❖ Richmond Reflexology

Have your stresses eased away by one of the trained practitioners. 020 8891 1676 or richmondreflexology.co.uk.



Time out for ourselves is vital; if only for a moment



Healing

Alison Pothier is Director and Owner of Richmond-based Health and Wellbeing centre, Inside Out Retreats

Your business is very different to your previous role of investment banker, what inspired the change over?

By 30 I was a Managing Director. I was deemed a 'success' by the world around me, but it didn't matter how high I climbed or how much money I made, I still felt a lack of self-identity and personal fulfillment. I decided to restore a sense myself through holistic treatments, counselling, and energy healing. The process helped me to remember exactly who I was.

How did it become a career?

An investment banker by day, I became an intuitive mentor, coach and energy healer by night. I launched my business to help others who were challenged by a similar desire for health, purpose and fulfillment. In 2008 I left my job, focusing full time on my private practice. I wanted to create a space for people to return to a sense of self, health, and freedom.

What defines 'well being'?

Well being includes a balanced sense of health, fulfillment, inspiration and the freedom to embrace our lives.

Is it important to take time out for ourselves?

Time out for ourselves is vital; if only for a moment. Five minutes a day spent remembering who we are, will transform our lives in ways unimaginable.

❖ For more information head to insideoutretreats.com or alisonpothier.com

Also try

❖ **Bootcamp Pilates**

A more relaxed form of boot camp. Head indoors for intense their pilates sessions.

**4 Red Lion Street,
Richmond-Upon-Thames, Surrey
TW9 1RW;
020 8090 7999;
richmond@
bootcampsilates.com**

❖ **New You Boot Camp**

New You run regular boot camp days in Richmond Park.
**01202 559336;
newyoubootcamp.com**

Boot Camp

Gerry Copley-Smith is the founder of REVIVAL Boot camp, which runs regular sessions in Richmond Park.

What does well being mean?

Well-being is about not taking life too seriously. I remind myself to always look to the future, rather than dwell on the past. Most of all, I am grateful for my family and friends as they are the biggest factor in my well being.

What inspired you to start the boot camp business?

In October 2011 I returned from a boot camp and couldn't help feeling there were elements I would have changed. I began to think seriously about the possibility of doing a boot camp 'my way'.

What were you doing beforehand?

I worked in the fashion industry

for many years but in 1989 gave birth to my daughter Rebecca and became a stay-at-home mum to her and my three step-children. By the time they were old enough, I was eager to launch my own business.

Why was Richmond a good starting location?

I live in Richmond and it's an area I love. Soon after establishing REVIVAL boot camps in Devon, I launched day only boot camps in Richmond Park, which have proved incredibly popular.

Do you think people spend enough time concentrating on their health and well being?

No, for many people exercise is pushed to the bottom of the list. Exercise should be a priority; the benefits are so vast, it's vital to quality of life.

❖ For more information on local boot camps, head to revivalbootcamp.com



Richmond locals are put through their paces



Gerry says exercise is vital

Pilates

Victoria Hinds runs The Richmond Pilates Studio

What inspired you to start practising pilates?

I developed a form of rheumatoid arthritis which made exercise, such as running, very difficult. A colleague introduced me to pilates and after a few months my body was completely transformed. I was more supple, more lean and all the stiffness associated with my illness had drastically reduced. I became hooked very quickly!

How did it differ to your previous city job?

I worked in banking where my job was very stressful and demanding. There were long hours sitting in front of a computer and working with unhappy people. Now, as a pilates teacher, the only stress I have is juggling my schedule to accommodate my clients. I have so much job satisfaction now and consider myself privileged to be doing what I love most. Seeing changes in people makes me feel I am doing something worthwhile.

What did you want to achieve?

I want to help people get more out of their lives. I believed in pilates based on how it helped me and I'm lucky to be able to make a livelihood from it.

What do you love about living in Richmond?

The proximity to the river, the parks and the feeling that you live in a small town but have everything you need.

What are the common issues your clients have?

Stress, lack of energy, injuries, age-related stiffness and post pregnancy issues.

How does pilates affect us physically and mentally?

Physically, it teaches us about proper breathing. Mentally, it helps with relaxation, concentration and co-ordination.

❖ The Richmond Pilates Studio,
6 Church Walk, Richmond
TW9 1SN; 07853 902032;
therichmondpilatesstudio.co.uk

Also try

❖ **Pilates Plus**

Tailored pilates classes designed to help you get the most out of their sessions. Pilates Plus, 4 Crown Rd, St Margarets, Twickenham, TW1 3EE; 0208 8923403; pilates-plus.co.uk

❖ **Align Pilates**

Whether looking for some gentle exercise during pregnancy or relief from a sports injury, Align Pilates can help you relieve muscles tension and boost core strength. 07775 591033; Alignpilatesrichmond.co.uk



Victoria swapped a city career for a gentler way of life