



LIFE & LAUREN

LIFE & LAUREN

A MONTHLY COLLECTION OF REAL LIFE, GENTLE WELLNESS AND
EVERYDAY MAGIC.

HOME EDUCATION

Our journey, what works for us
& why every child is different.

THROUGH MY LENS

Our journey, what works for us
& why every child is different.

WELLNESS

The lessons life is giving you
today

RECIPES

Simple, nourishing
favourites

SOUL SPACE

Journal prompts, moon
phases & gentle
reflections



This magazine began with one simple idea, to stop
waiting until everything felt perfect and simply begin...

Issue One
AUGUST 2026

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A LETTER FROM LAUREN...

Hey there you beautiful soul,

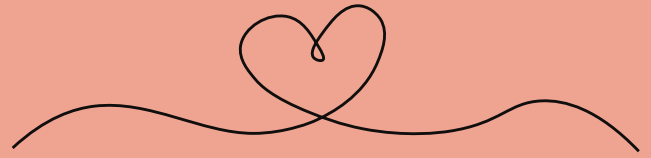
If you know me, have followed my social media, been to one of my events or have no idea who I am or how this ended up in front of you, then I can't begin to tell you how excited and grateful I am that you have taken the time out to actually open this magazine. Honestly thank you so much!

This is the first of a monthly issue of my online magazine! Now you might be thinking, what is this even about. The truth is I am just super excited about life. I have a lot of interests and love sharing anything and everything I know. It has taken me a long time to realise that I do not have to box myself off, I don't have to have a 'niche'. We are all individuals and we all have so much knowledge to share with one another.

If I can share one thing, a recipe that makes your evening a little easier, a quote that helps raise your vibration, a product that serves you well! If a business I share gets them more business then it will be doing what I hoped!

Thank you for being here at the beginning of this wonderful adventure.

Love Lauren xx



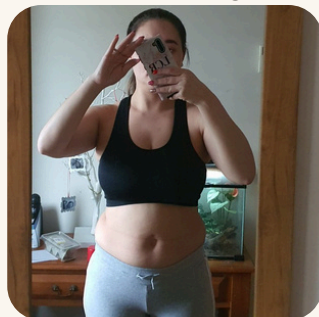
“There are no strangers here; only friends you haven't yet met.”

My favourite quote this month

LIFE LATELY...

Now, my life is changing quite a lot over the next few months. There will be more to tell on what is happening as the issues continue, but for now, for those of you that do not know me from socials, here is a teeny tiny, very compressed version about me. Well, it is a tiny as I could make it.

In March 2020 my whole body completely erupted in inflammation and Eczema. Now Eczema is something I've had from a baby, but as we were entering lockdown I decided to take myself off my steroid cream because it wasn't working anymore. I was absolutely covered, I couldn't even wear a bra, it was so painful. I also had what I would think is close to some sort of breakdown, I was waking up every night having panic attacks so bad that I had to hang my head out of the window to try and get oxygen into my lungs. I was a mum to a one year old at this point, with an amazingly supportive husband. Long story short, I started seeing a life coach and I started unravelling what the physical symptoms in my life really were. I had been a people pleaser for a long time, probably most of my life, and it had all become too much. Through sessions and learning to set boundaries, raise my self worth and understand who I am, I thought I had it all figured out and was 'healed'. Six years later I understand that healing is an ongoing journey, and really it isn't one that I would want to have an end, because I love the evolution of my life.



I've received many eye rolls about my change of jobs, from a beautician, which I had zero confidence in, to a baker, which I loved the creativity of, but I shut down because I didn't want to feed people sugar, we're pretty much a 0% refined sugar household now.lol, I am also gluten and dairy free, with a shellfish allergy which went full bore after having Edie.



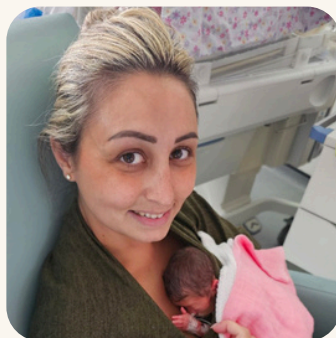
Then I trained as a Holistic Health & Wellness Coach and a Life Coach, but it was not the right time for me to continue down that path, not saying I will never revisit it.

Things look very different to six years ago Lauren, I actually speak about her in third person a lot, she is someone I want to care for and hold her hand. Show her that there is light and dark, hot and cold, happiness and upset for a reason. Life is about balance, I now embrace the lessons (although not fully understanding them sometimes or looking very grateful at the time) that the lower-vibrating times bring.

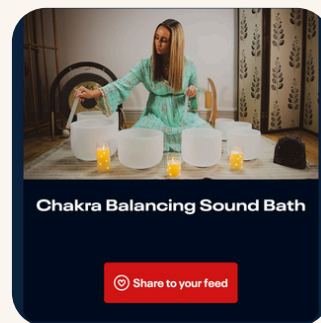
LIFE LATELY...

On the flip side I can honestly say I find gratitude in everyday, and I immerse myself in the 'good times' and am truly present in them, instead of waiting for the 'bad' times to come round. Life is literally like a river, sometimes there are rapids, rocks, crocodile,s and other times it is calm, quiet, the sun reflecting off of it, fish swimming by, just pure peace. When I realised I couldn't just avoid the rocks sometimes, I could flow through the uncomfortable and reach the calm at the end, it made my life a lot more peaceful.

Maddie was non-verbal until she was about 4. When I then trained as a Pilates Instructor, she was in school. After 6 weeks of her being in school we decided to home educate her, My final assessment happened on the weekend that October half term began. I felt quite sick and thought it was from the stress of my assessment weekend. News flash, I was pregnant! I suffered from Hyperemesis Gravidarum again, the same I had with Maddie, and please do not ever let anyone say it is just morning sickness! Jumping forward, at 28 weeks pregnant my waters broke and three days later I had an emergency C- Section to deliver Edie, who was a tiny 2.5lbs after 6.5 weeks in hospital we took her home at 34 weeks.



I have trained in a lot of energy work over the past 6 years from different types of Reiki, Crystal Healing, Psychic Development, Sound Healing and more. Up until March this year I was running monthly sound baths at different venues around Medway/ Kent. Collaborating with other businesses and charities, created my own training for Sound Healing, featured on the Reebok Fitness app, won Kents Health & Beauty Awards "New Business of the Year 2025" and ran my first retreat day!



My life feels wild when I look back over the past sixyears, and the above are just snippets, I will go into more detail on particular subjects on My YouTube channel, which originally was just about Wellness and my sound healing business, but I want to involve everything in that space now. From my love of creating through painting, cooking, home educating activities, lower- tox living, energy work, our travels, and just my overall love of life and anything magical. So, if you fancy coming along then you can find me at:

Youtube-@Life.and.LaurenR
Instagram-@life_and_lauren
Facebook-@Life and Lauren
Website- www.lifeandlauren.com



HOME EDUCATION

LEARNING LOOKS DIFFERENT FOR EVERYONE

This year will be the third year that I have been home educating Maddie. I love hearing other people's home education stories and how they got into it. Whether they follow a curriculum, have created their own, or leave it completely child led, everyone's journey is so different. There are so many reasons people choose to home educate, from their children not meeting the 'check boxes' in school, to regressing, to parents simply wanting to educate their children with their own values.

Whatever the reason, I think it's amazing how many people I now hear of who are home educating.

For those not in the UK, we have to call it Home Education when we deregister our children from the local authority schooling system. If you say home schooling, it generally refers to something more like flexi-schooling, where a child attends school for part of the week and is then educated at home for the remaining time.

Now, our journey started a little differently. Maddie received an autism diagnosis at the age of three, along with what professionals described as a 'developmental delay', which we were told she would likely catch up with by around the age of eight.

That is, of course, the diagnosis in the 3D world. Spiritually, I believe there is so much more to who we are than any label or diagnosis. Whether you see that through the lens of starseeds, indigo children, or simply believe every soul has its own unique purpose, I've always felt there was more to Maddie's story than what could be written in a report.

At the time, we were also told there were things she may never do. We were told she may never talk, may never jump, and that there were lots of milestones she might never reach. Watching her grow has been one of the greatest privileges of my life because, one by one, she has surprised us all. Today she chats away, jumps, learns every single day and continues to show us that progress doesn't always follow someone else's timeline.



This is why it is so important to remember that our children, and us, were not made to fit into boxes. No two children are the same, and one shouldn't be compared to another. Everyone's progress is different, and that's something we should embrace and celebrate.

HOME EDUCATION

She was non-verbal until she was four, and we worked with SALT (Speech and Language Therapists) and other professionals for a year. During the time between nursery ending and school starting, I worked with Maddie and began teaching her myself. When she started school, after just six weeks we noticed a regression. That's when we decided to deregister her and say hello to home education. It was the best decision we ever made for our family.

Our home education is taught at a level that suits Maddie, not based on her age or where she 'should' be academically.

Maddie is a Gestalt Language Processor and an echolalic learner, which means she learns in large chunks and phrases rather than individual words. This is something we work on continuously by breaking down phrases and gradually switching out words.

I am so grateful that I get to work on this with Maddie because I'm with her every day. I know the different phrases she uses, the songs she refers to and, most of the time, I can work out what she's feeling or trying to tell me. From there, we can work together on finding the words she wants to use, helping her communicate her needs in a way that other people will understand.

This isn't just for Maddie; it also helps other people understand her more easily, opening up so much more communication rather than relying on me or her dad (Jack) to interpret what she's trying to say.

We have core subjects that we work on most days, including maths, reading, spelling and writing practice. But there are no six-week holidays or weekends from learning in our house. Learning isn't something we switch on and off; it simply becomes part of everyday life. It isn't a six-hour school day either. We work around the times when Maddie is most receptive to learning, and it isn't all confined to a desk. Learning can happen anywhere

She also attends a small group setting with other home-educated children in Medway. This has helped Maddie have some more independent time away from me, although parents are welcome to stay for the sessions if they wish. That's exactly what I did when she first started. Gradually, I built up her confidence by waiting in the car, then popping out for short periods before eventually leaving her for the full two-hour session.



HOME EDUCATION

There is a maximum of six children in each session, which lasts for two hours, and she attends twice a week. For any Kent parents, I couldn't speak more highly of Sarah's Safe Learning Space. It offers a wonderful balance of learning through play, creativity and socialisation in a calm, nurturing environment. If you'd like any more information, please feel free to drop me a message or send me an email.

There is so much learning in life to be done, it never ends, and you can incorporate so many different subjects across the board. It also works really well because, even though Edie is only two and not yet of compulsory school age in the UK, she is already learning so much. They will learn and grow together. The beauty of home education is that we can see what really captures them, discover where their passions lie and help them develop in those areas.

There are endless resources, groups and information available to anyone wanting to home educate.

I am forever grateful and feel extremely privileged to be able to home educate my girls. To be able to spend my time learning with them, as I mentioned earlier, they teach me just as much as I teach them.

TRIED & LOVED

Some might dream of quiet getaways in nature, where mountains and oceans bring peace. Others may crave the excitement of bustling cities, cultural landmarks, or hidden gems waiting to be discovered. Whether big or small, every destination adds something unique to your story.





THROUGH MY LENS

It was World Butterfly Day on 1st July, and the nationwide Big Butterfly Count started on 17th July and runs until 9th August. Our garden has been visited by so many beautiful butterflies recently, and it has taken a great deal of patience to capture photographs of them.

Butterflies are a beautiful symbol of transformation. They begin life as a caterpillar before disappearing into a cocoon, allowing time for the process to unfold in the darkness before emerging as a butterfly. With such amazing colours and delicate wings, they can then carry themselves wherever they wish to go.

To be able to capture this photograph and see all of the tiny details is a wonder in itself. I love the message I feel when looking at this butterfly. It reminds me that even in our darkest times, such beauty can emerge.

So, if you're in a season of cocooning right now, just know it's where you're supposed to be before your own beautiful emergence.

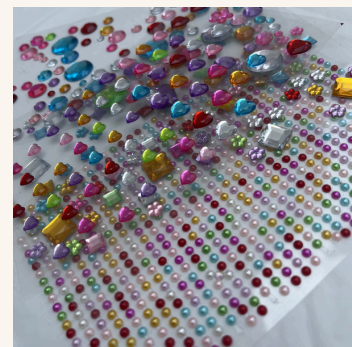


OUT & ABOUT

THE SCHOOL OF MINDFUL HEALING

MINI RETREAT DAY

For anyone who follows my Wellness With Lauren Instagram or Facebook page, you'll probably have seen me sharing the many amazing courses, workshops, treatments and retreat days with Amanda at The School of Mindful Healing.



Amanda is such a beautiful soul with the brightest, calming energy. She has created a space that makes you and your energy feel so safe. You can feel the care and love that goes into every treatment, course, workshop and retreat day, along with the passion she has for sharing wellness with others. I was actually lucky enough to become the very first trained Reiki Master in Amanda's Chakra Reiki!

Alongside all of her wonderful courses, Amanda also runs retreat days. As it was my mum's and sister's birthday, I managed to get myself in on the present too (haha!), and we booked a mini retreat day with Amanda.

We arrived at 10am and it was such a beautiful day. The sun was shining, there was a lovely breeze, and we headed out into the garden area. We sat down with a cup of delicious mint tea, grown in Amanda's own garden, and had a catch-up before beginning the day.

Amanda explained that we would start with some journalling. It really helped to calm our minds as we answered the questions in our own time and got everything out of our heads and onto paper. Alongside letting go of some of the things that felt heavy, we also reflected on what we were grateful for. It left us all feeling lighter, both in our minds and in our hearts.

We then moved over to a beautifully set-up creative area. There were paints and so many sparkly jewels which, for me (as a complete magpie) made me so happy! We each had a blank canvas to paint our own mandala before decorating it with all the beautiful embellishments.

While two of us chatted away as we painted, the third person was taken through to a private space for a card reading. The cards Amanda worked with were absolutely beautiful, and we all loved our readings. Each one felt so personal and really spoke to us individually.



OUT & ABOUT

THE SCHOOL OF MINDFUL HEALING MINI RETREAT DAY



Once we'd all had our readings and finished our mandalas, Amanda brought out a gorgeous afternoon tea-style lunch. It was all so beautifully presented, and it was the little thoughtful details that made us feel so special. We spent the afternoon laughing and chatting!



After another cup of tea, we headed into our sound bath. Amanda has a beautiful collection of instruments, and I was so excited to simply sit back in one of her beanbag chairs (which, by the way, was so comfortable that I think I need one for myself!) and relax as the waves of sound washed over me.



I'm pretty sure I drifted in and out of sleep during the session and experienced so many beautiful colours and images. By the time Amanda gently brought us back into the room, we all looked completely relaxed and refreshed. Some of us took a little longer to come back to the room than others... haha!



It really was such a lovely way to spend time together, slow down and just be. If you're looking for something a little different that supports your mind, body and soul through creativity, reflection and deep relaxation, I'd definitely recommend taking a look at what Amanda has to offer



Amanda offers these retreat days as one-to-one experiences, private group bookings and regular monthly events. They make such a thoughtful gift, or I think they'd be a lovely alternative for a hen party, birthday celebration or simply an excuse to spend some special time with the people you love.



Find out more about The School of Mindful Healing:

www.theschoolofmindfulhealing.com

Instagram- @theschoolofmindfulhealing

EVERYDAY WELLNESS

YOU CAN'T ALWAYS CONTROL WHAT HAPPENS AROUND
YOU, BUT YOU CAN CHOOSE HOW YOU REACT.

I love waking up in the morning and, before I pull any cards or anything, I ask myself, "I wonder, am I going to be the teacher or the student today?"

Now, truth be told, the answer is that every day I am both a teacher and a student of life. I may home educate my girls (well, Maddie is 7 and Edie is 2, so technically I only home educate one!), but every day I teach them, and they teach me something new. Every interaction, conversation and engagement is an opportunity to learn something whilst exposing others to something new.

As an example, I would consider myself a pretty chilled-out person (unless I am hangry haha). However, how chill am I when someone cuts me up on the road? Truth be told, it used to (and still does sometimes) infuriate me. Ultimately, it is dangerous, and a million thoughts run through my mind whenever it happens.

However, I have now worked (quite hard) to get to the point where, when the situation happens, I take a deep breath and don't react. I don't allow someone else's actions to affect my energy. I don't know their reason for doing it. Maybe they are late for work, someone is in need of help, or they just want to do it. Whatever the reason, I no longer react. I continue my chilled drive, with my music on, keeping my energy and vibration high.

And guess what? Every time it happens, which is a lot, it is a brand new opportunity for me to practise protecting my energy. On the flip side, if I do find I need to have a quick vent of anger, then I know the opportunity is going to arise again at some point, and that is just another chance to react the way I want.

One thing is for sure in this life: if you don't get to do something once, the opportunity will arise again. It may not always be the same car, driver, road or even the same situation, but I'll be given the same opportunity again.

Then I get to make a choice about my reaction. Rather than berate myself for the times that I did react or vent, I can simply choose a different route this time because this present moment is all that we can control.

I think life becomes a little easier when we stop trying to label everything as right or wrong, good or bad. Instead, what if we simply saw it all as experiences? Some are joyful, some are uncomfortable, but every single one has something to teach us if we're willing to learn.

So maybe, the next time you find yourself in a difficult interaction or situation, ask yourself the same question. Am I going to be the teacher or the student today?"

Ultimately, I think we're all students in this school of life, and I hope we never stop learning.

EVERYDAY WELLNESS

LOW TOX PRODUCTS I HAVE REACHED FOR THIS MONTH...



If you suffer with hay fever like I do, then I really feel for you. Nature is so beautiful, but my nose, eyes and sinuses don't do well with all the grass, pollen and those flying balls of fluff! These are the products I've been taking all month, and they've helped massively. No itchy eyes, runny nose, sneezing or blocked sinuses. Best of all, they're natural products.

British Supplements is a brand I've bought other supplements from, and I love them because they don't add any unnecessary ingredients or fillers AKA NO NASTIES!

A.Vogel Pollinosan Hayfever Tablets, you can pick these up in lot's of places, Amazon, Holland & Barrett etc. They're another natural remedy that I always like to have on hand during hay fever season.

This Month's Healthy Habit...

With the weather being so beautiful and dry, it has been an absolute game-changer for my morning grounding!



I usually ground when I meditate by imagining my feet on the Earth and allowing roots to grow. **However!** I've been saving my grounding until after my morning walk (on the treadmill, as the babies are still asleep at this time)

After that, I make my way onto the patio and sit with my lemon tea and **plant** (see what I did there?) my feet directly on the Earth.

Grounding in the morning is what helps me find balance. As my body connects with the Earth and its natural frequency, I sip my drink and listen to all the sounds around me, which really brings me into the present moment. It's here that I practise gratitude, for the day ahead and for where I am right now.



WHAT I'M WEARING



THE PIECES THAT MAKE ME FEEL MOST LIKE ME.



THREADERICK

Nicola owns the beautiful business Threaderick, which I first started buying from over a year ago. She sells a huge range of magical boho clothing, bags and accessories.

Some of her pieces are one-offs, they're always amazing quality, and you'll never miss her stall at a festival because it's so bright and beautiful... just like Nicola's energy!

I now have so many stunning pieces from her, but this is one of my newest favourites... which I also have in two colours, haha!

You can find Threaderick at lots of different festivals and events throughout the year, and she posts her beauties too, so definitely give Nicola a follow to see where she'll be next.

Instagram: @threaderick

OH LA MODA BOUTIQUE

I've been buying from Oh La Moda Boutique for a number of years now, and it's become one of my favourite online boutiques.

If you've been following me for a while, you'll know I absolutely love a good co-ord, and that's probably what I've bought the most from them! They always have such lovely sets throughout the year, and I especially love it when autumn comes around and all the cosy co-ords start appearing... in fact, I think they'll be starting to post them very soon!

Not only have I bought clothes for myself, but I've also ordered gifts from them over the years. The delivery has always been really quick, and the customer service has been amazing every time.

If you're looking for beautiful everyday pieces that are easy to wear, I'd definitely recommend having a look.

Instagram: @ohlamodaboutique

Website: www.ohlamodaboutique.co.uk





FROM MY KITCHEN



TO YOURS, WITH LOVE...

Ready in just 15 minutes, packed with protein and perfect for those warm days when you want something nourishing without spending too long in the kitchen. It's a family favourite in our house too, with smaller portions for the girls, of course!

CHICKEN & TOMATO LENTIL PASTA

Serves: 1

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

160g raw chicken breast
(approximately 120g cooked)
55g Profusion lentil pasta
200g chopped tomatoes
1 clove garlic, crushed
½ tsp balsamic vinegar
½ tsp dried oregano
½ tsp dried basil
Salt & black pepper

For the chicken

1 tsp olive oil
½ tsp onion granules
½ tsp garlic granules
Salt & black pepper

Optional extras

A handful of fresh spinach, stirred through at the end.
A pinch of chilli flakes for a gentle kick.
Fresh basil leaves to serve.
A squeeze of fresh lemon juice before serving.



Macros

Calories 70 kcal
Protein 53 g
Carb 35 g
Fat 11 g
Fibre 10 g

Method

1. Coat the chicken in the olive oil, onion granules, garlic granules, salt and pepper.
 2. Air fry at 190°C for 15 minutes, or until the chicken reaches an internal temperature of 75°C. Dice into bite-sized pieces.
 3. Around 6 minutes before the chicken is ready, cook the Profusion lentil pasta according to the packet instructions.
 4. Meanwhile, add the chopped tomatoes, garlic, oregano, basil and balsamic vinegar to a saucepan and simmer gently for 5–10 minutes.
 5. Stir the cooked chicken and drained pasta into the tomato sauce.
- If using, stir through the spinach until wilted, then finish with chilli flakes, fresh basil and a squeeze of lemon juice before serving.

SOUL SPACE

New Moon in Leo Wednesday 12th August 2026



Leo is a fire sign. This is your time to step into who you really are and share that authenticity with the world. Have a look at what you're passionate about and get creative. Embrace the Leo energy, have courage, let go of self-doubt and any current limitations, and move forward with confidence.

This New Moon also coincides with a Solar Eclipse, making it an especially powerful time to set your intentions.

Journal prompts

- What part of me have I been keeping hidden that I'm now ready to embrace and show the world?
- What limiting beliefs am I ready to release?

Affirmation: I am ready to be seen.

“Trust yourself. You have survived every chapter that has brought you to this one.”

Pisces is a water sign. This is your time to look at the chapters that no longer serve your highest good and close them. It is a time to start trusting yourself and your intuition instead of second-guessing it. Sometimes it can feel scary not to feel in control. However, if you make the decision to surrender control over the things you cannot change, you may find you feel most in control. Allow yourself to flow, like the water represented by the Pisces sign.

Some journalling prompts for this moon:

- What areas of my life are no longer serving my highest good or full potential?
- As I close off old chapters, am I ready to allow new beginnings to flow into my life?

Affirmation: I am ready to flow.

Full Moon in Pisces Friday 28th August 2026



Soulful Finds



The Divine Masters Oracle

By Kyle Gray | Artwork by Jennifer Hawkyard

For the past few months, I have found myself reaching for this oracle deck most mornings. I usually ask for guidance before shuffling until I feel ready to pull a card.

What I love most about this deck is that each card has a beautiful message printed on the bottom, with a guidebook that explores the deeper meaning behind it. The artwork is stunning, and I love how each of the 44 cards feels so thoughtfully created.

I also think it's a lovely deck to start with if you're new to oracle cards and are looking for gentle daily guidance.

THINGS I'M LOVING THIS MONTH

ONLY THINGS I ACTUALLY USE AND LOVE
IN MY EVERYDAY LIFE.

Husk & Seed Cleanser



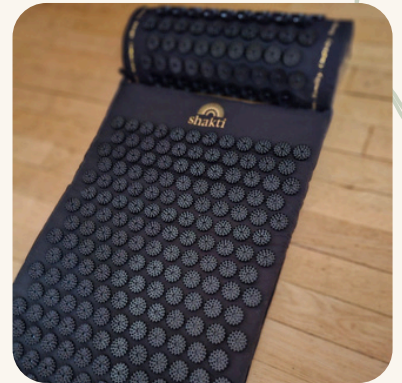
I have been using this cleanser AM/PM for nearly 2 years! This pot is massive and lasts me (and Jack) about 6 months! Beautiful all natural ingredients!
Insta-@huskandseedskicareuk

Holistic Health Cacao UK



I have tried a fair few different types of Cacao. However, this is the one that I keep coming bck too. So smooth and velvety.
Insta- @Holisitchealthcacaouk

Shakti Mat



The amount of relaxation that 20 minutes laying on this mat and pillow bring! I love to use it just before bed on the hard floor!
Insta- @shaktimats

Programme



i have been absolutely captured by this series, which has 4 seasons that I am working my way through whilst doing my morning workout! I watch this on Gaia (a must have app).
Insta- @gregg.braden

Podcast



A new podcast I stumbled across and I have now been listening to more on the podcast "You-est You". So many interesting guests and the converstaion flows like you are part of it, like you are in the room.
Instagram-@juliereisler

Book



This lovely book was gifted to me by one of my lovely sound bath attendees for when i held my last UK session. Not only do i use it daily, but also Edie likes me to read her a page that she chooses!

YOUR CORNER

A little space for your questions, good news and
little moments that make us smile.

✦ YOUR QUESTIONS ANSWERED ✦

Q: How do I start my wellness journey without feeling overwhelmed?

For me, it was important not to overwhelm myself. You often see people trying to change everything at once, but for me, that just wasn't sustainable.

Instead, I picked one thing I wanted to include in my daily life. Let's use meditation as an example. I started with just five minutes in the morning. Once that had become part of my daily practice, I added another five minutes in the evening. When that felt like a natural part of my life, I gradually increased the length of time.

With two young children, it's not always possible to stick to a strict routine. I've learned that I need to remain fluid, because when I'm too rigid, I start to feel like I've lost control. So, even if it wasn't at exactly the same time every day, I stayed consistent and always found at least five minutes. Over time, I built from there. Now, meditation is simply part of my life. On the days when I think I don't have the time, I know I can always find at least five minutes, even if it's just before I fall asleep.

For me, consistency will always come before perfection.

So, make a list of the things that matter most to you. What does your ideal life consist of? Maybe it's nourishing food, movement, mindset work, spending time in nature or reading more. Introduce one small habit at a time and allow it to become part of your life before adding another. Too many changes, even if they're all small, can quickly become overwhelming.

✦ THREE LITTLE REMINDERS ✦

Here are 3 things to borrow when you are finding it difficult to practise gratitude:

Watch a sunrise or sunset.-Take five minutes to pause and notice the colours in the sky. It's a gentle reminder that every day begins and ends with something beautiful.

Notice nature.- Whether it's a butterfly, a bee, a robin or simply the sound of birdsong, take a moment to appreciate the little things that quietly carry on around us every day.

Feel the breeze.- Feel the breeze on your skin. Be grateful for the air around us that gives us oxygen to breathe, fills our lungs and allows us to continue on this beautiful day. It is one of the greatest gifts we have, yet it is so easily overlooked.

Dates to remember:

8th August - Lion's Gate (8/8)

A symbolic day that many people use for reflection, intention setting and personal growth.

12th August - New Moon in Leo

12th August - Partial Solar Eclipse

A rare celestial event.

12-13th August - Perseid Meteor Shower Peak

One of the year's best meteor showers. If the skies are clear, wrap up warm and see if you can spot a shooting star.

28th August - Full Moon in Pisces

Until next month...

If you'd like each new issue delivered straight to your inbox at the start of every month, sign up to my newsletter.



LET'S KEEP IN TOUCH

I'D ABSOLUTELY LOVE TO HEAR FROM YOU.
IF YOU'D LIKE TO ASK A QUESTION FOR NEXT MONTH'S MAGAZINE,
YOU CAN EMAIL ME AT LAUREN@WELLNESSWITHLAUREN.COM

You can find all of the links to the businesses featured in this issue on my
Website/Instagram, along with some affiliate codes.

Find Me Here

Instagram- [@life.and.lauren](https://www.instagram.com/life.and.lauren)

YouTube- [@life_and_lauren](https://www.youtube.com/channel/UC...)

Website www.lifeandlauren.com

Thank you so much for spending a little part of
your month with me. I hope you've found
something in these pages that inspires you,
makes you smile or simply reminds you to slow
down. 

I'll see you next month.

Lauren x