

Aspire Newsletter

WELCOME TO THE ASPIRE JULY NEWSLETTER



Sunrise on the Quantocks from Sharn's summer solstice ride



TOP NEWS:

- Exciting new chapter for Aspire
- Online Pilates
- Secret garden Pilates starts this month!
- In the Spotlight
- Legend of the month
- Pilates move of the month
- Happiness for July
- Summer Solstice adventure



Exciting new chapter for Aspire

Aspire started 5 years ago, and during that time it has developed into a wonderful community. It has been such a joy to see you all each week, for our welcoming and fun Pilates classes, and to support so many of you in your rehab journeys through Physiotherapy and Sports Massage. Aspire would like to thank everyone for their support over the past few years.

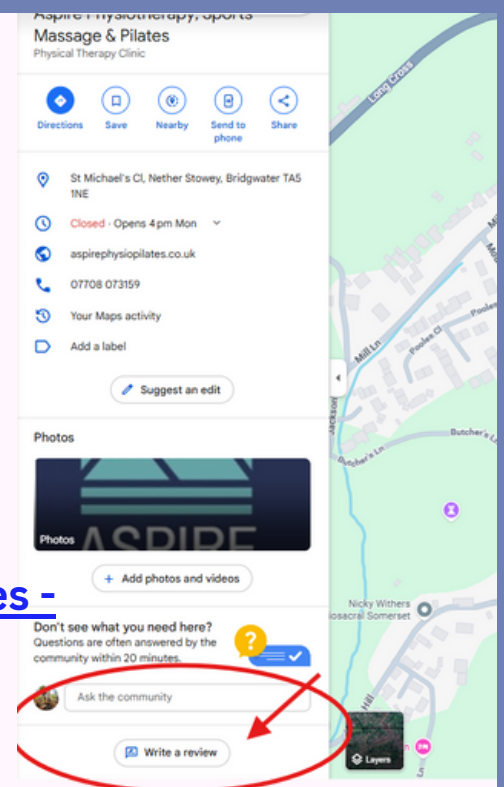
Sharn has been running Aspire alongside a full time role in the NHS since it began, which has led to many hours of working, and at times this has been quite exhausting. It has always been her dream to be able to focus her efforts full time on Aspire, so over the next few months she will be working towards an exit from the NHS to achieve this. Sharn has lots of exciting plans, and collaborations in the pipeline (keep an eye out for announcements!), and can't wait to give you all her full focus! The hope is that towards the end of this year / early 2026, Aspire will officially be Sharn's only role. As you can imagine, this is a huge leap of faith, and a scary one, but sometimes you need a little nudge, and a step into the unknown to make your dreams become reality. I hope you can all continue to support Aspire, and share your experiences and recommendations with friends, family and colleagues.



We're now on google maps!

Aspire is finally up on google maps - a little late to the party...but we would be super grateful if you could take a couple of minutes to write us a review. You can access this via the link below - just scroll down to 'write a review'. Thank you!

[Aspire Physiotherapy, Sports Massage & Pilates - Google Maps](#)



Run, Walk & Talk (RWT) club

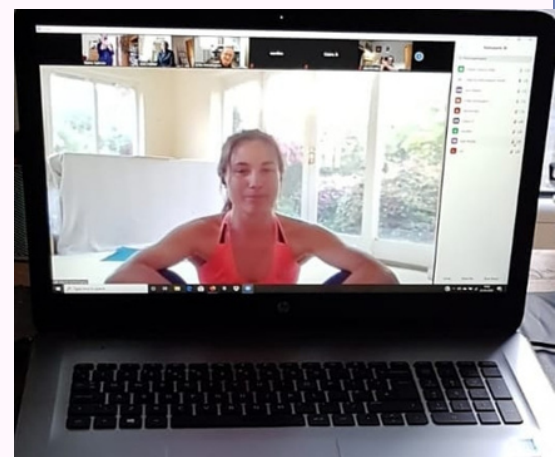
From the start of July, every Wednesday from 7:30pm after the Combwich Pilates class there will be an opportunity for Aspire members to take part in a run or walk around Steart Marshes. There will a 5km run loop option, or a 3km walk out and back along the river option. We will all walk out to the common together, then runners and walkers can set off together in their groups. We will then all reconvene by the common to walk back as a group to the hall.



Online Pilates

Coming Soon!

Sometimes its tricky to make it to class , or maybe you would like to do an extra class live on line, or in your own time. Aspire will be bringing back online Pilates classes soon! These will be available to attend live online, or if you can't make the live class the recording will be available to those who sign up for a week (until the next class becomes available).



Aspire Pilates Regular Classes

Timetable

Monday 5:30pm	Nether Stowey, Church Centre	Beginner - intermediate Large class in hall setting. £7pp
Wednesday 6:30pm	Combwich Village Hall	Intermediate - advanced Village hall setting. £7pp.
Thursday 7pm <i>*Fortnightly from 1/5/25</i>	Old Rectory House, Kilve	Small class in studio setting. Individual tuition & guidance, and all equipment provided. £10pp.
Thursday 6:30pm <i>*Fortnightly from 26/6/25</i>	The secret garden, Old Rectory House, Kilve	Pilates in the beautiful garden at Old Rectory house, suitable for all abilities (weather permitting) - please bring your own mat. £7pp.
Various - please check socials/ website for updates.	Pop-up Pilates - various locations outside during the summer	All abilities welcome - though you must be fully mobile. Please bring your own mat. £7pp.



ASPIRE PILATES CLASSES NEWS

The newest of our classes; at the beautiful Old Rectory House Kilve!

It was great to welcome a full class of new and regular members to our first few classes at Old Rectory house in Kilve. This is a small group class allowing greater opportunity to offer individual guidance and tuition around correct technique enabling you to maximise the benefits of your Pilates practice. The class is suitable for all abilities, though you do need to be fully mobile and be able to get on and off the floor comfortably. If you would like to attend please email: aspirephysiopilates@gmail.com.

Where?

Old Rectory House (Sea lane, Kilve, TA5 1EG)

When?

Fortnightly on a Thursday 7pm from 1st May

Details:

£10 pp - all equipment provided.



Summer Secret Garden Special!

From Thursday 3rd July there will be a ***secret garden Pilates special*** taking place in the beautiful grounds at Old Rectory House. This will take place on alternate Thursdays to the class in the studio. The class is suitable for all abilities though you must be fully mobile to take part. Please bring your own mat. The class will take place rain or shine so please bring suitable clothing!



Pop-up Pilates



Look out for pop-up Pilates sessions throughout the summer. These sessions will take place in various local outdoor locations including the Quantocks and the coast! The classes are suitable for all abilities, though you must be fully mobile to take part. Please bring your own mat.



Cancellation policy:

Please note a 24 hour notice period is required for cancellations of Pilates classes or Physiotherapy/sports massage appointments.



Big Announcement: Introducing QTA!



We are very excited to announce that in the coming months we will be launching a sister company: Quantock Trail Adventures (QTA), which will provide guided Mountain Biking, guided walks and guided trail running sessions on the beautiful Quantock hills, an Area Of Outstanding Natural Beauty (AONB). The Quantock hills offers stunning scenery over varied landscape, through sweeping coombes, wooded valleys, and summit views. There is so much to explore, and the landscape is rich in nature and history.

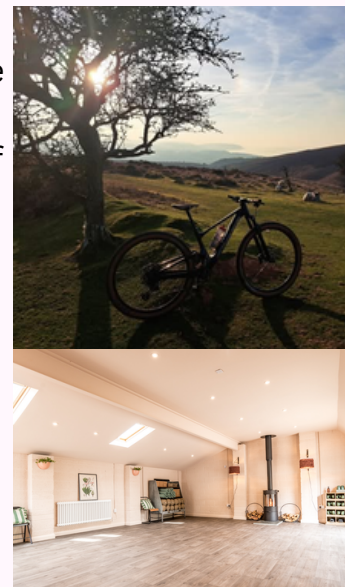
Sharn, who lives at the foot of the Quantocks in the village of Nether Stowey, will be guiding these adventures. She has a wealth of knowledge of nature and history of the Quantocks, and all its secret hidden paths. If you or anyone you know is keen to explore the spectacular hills, these adventures will be available for individuals, groups, families, or team building events; and will be tailored to the groups needs. Whether you are keen to explore some of the amazing MTB trails, or prefer to experience the paths by foot, with a pair of trail running shoes, or walking boots; maybe you would also like to learn about the nature and history of the Quantocks via bike or foot, you are in for a real treat! Keep an eye out for more information over the coming months. These adventures will be available towards the end of the year / early 2026. There may even be some taster sessions before!



Active retreats at Old Rectory House

Mountain Bike Retreat

Aspire are very excited to be collaborating with Old Rectory House in Kilve to launch a MTB retreat! This will be taking place on the 14th-17th May 2026. We'll take you on daily guided rides in the Quantock Hills on some of the best trails in the country. As well as the rides, we will delve deep into MTB life including specific Pilates and conditioning for MTB'ers; sports massage will also be included. There will be workshops on skills, kit and repairs plus advice and Q&A on training, events, racing, injury prevention, bike packing and much more. There will also be plenty of time to enjoy all the wonderful facilities at Old Rectory House including our heated pool, hot tubs, sauna and ice baths. The luxury accommodations offers flexible single and double occupancy options. All your meals are included with a big focus on nutrition and seasonality.



Runners retreat

Old Rectory House

Running Retreat - 4 days/3 nights
12th-15th March 2026

Daily runs on stunning routes along the Somerset coast and in the Quantock Hills
(there will be different groups with different paces for all abilities)

Daily Pilates for runners

Injury prevention workshops with focus on ankles, knees and hips

Stretch classes

Thermalism workshop on heat and cold therapy

Round table run chats with Q&A

Advice on training principles/structure plus racing guidance

Guest speaker

1 sports massage included (option to book more)

Relaxation time with our heated pool, hot tubs, sauna, cold plunges and stunning grounds

Luxury accommodation with flexible single and double occupancy options

All your meals included with a focus on nutrition, seasonality and flavour

We will release the final itinerary with timings closer to the retreat

More information and booking here: [All Our Retreats | Old Rectory Spa](#)

Aspire website: Feedback welcome!

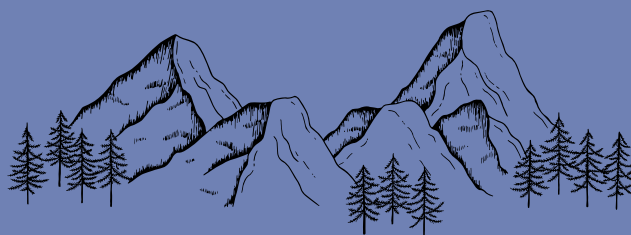


We have been working on our website over the past few weeks, and would love your feedback. If you have any comments or ideas, around how user friendly the site is, information provided, the design, etc, please email us at: aspirephysiopilates@gmail.com.

Just a reminder all bookings for Pilates classes, Physiotherapy and sports massage appointments are all now via the website. We have decided to keep the Spond sysyem in place so that you contiune to get reminders to sign up to the class - the Spond notification will direct you to the website to confirm your booking.

****Please see Sharn at the start of your Pilates class to make sure you are checked in.***
You can access the website at:

www.aspirephysiopilates.co.uk



Legend of the month

As Sharn was on holiday at the end of May we announced our May legend after the newsletter was distributed. So here is Mays legend. The following page will also include Junes Legend of the month, nominated by Ioana.



May

Ioana



Interesting fact about Ioana:

"I was born in Romania in the middle of Transylvania, but I grew up in Italy in a nice town on the East Coast (yes eating a lot of pasta)! After graduation I moved to Paris where I married a French guy, and today, I couldn't imagine that I would end up in a lovely village in the south west of UK!"

We really enjoyed the Combswich lifestyle: the activities in the Village Hall, the monthly market, the gardening experience and the evening walks in the Marshes! However we'll be leaving the village by the end of August and moving to Taunton.

I had a really great time with all the Pilates group in the last year, thank you so much for the funniest sessions, I've learned a lot of animals sounds with you guys!"

Legend of the month



Elaine

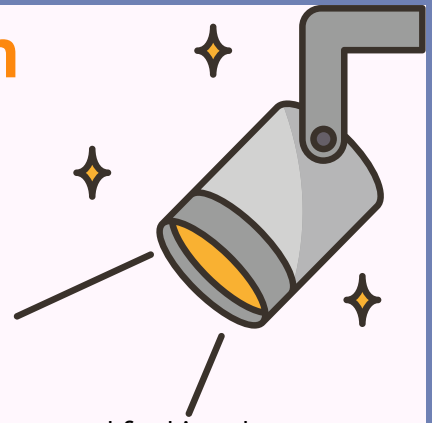


Ioana as nominated Elaine as June's legend of the month - here is why:

"I propose Elaine. Elaine's life is very inspiring for the young women generation: she had followed her passions around Europe and taught to her daughter to do the same. Keeping a healthy and active lifestyle along the decades, which benefits are pretty outstanding today. I applaud also her perseverance for the Pilates sessions, if we had a "Best Attendee of the year trophy", she would definitely win it. And finally, she has two lovely spaniels that I had the opportunity to meet walking in the Marshes. I wish you all the best Elaine."

In the spotlight: **Amy Woodman**

After 5 years training and placement with Mind in Somerset, Amy has qualified as a BACP registered counsellor and set up 'Empathy in Therapy', a counselling service that offers integrative counselling for adults and specialises in anxiety, depression and neurodiverse identities.



After years of doing pilates classes along with my counselling practice, I can see and feel just how our bodies can often carry the traces of our emotional experiences. This connection between mind and body is increasingly recognised in both neuroscience and therapy.

Unprocessed emotions such as grief, anger, or fear can become “held” in the body and means that our muscles, posture, and even chronic pain may reflect unresolved emotional experiences (van der Kolk, 2015). Over time, these stored stress responses can impact our physical and emotional well-being.

We all know how wonderful pilates is for us and that it encourages reconnection with the body through breath, intentional movement, and gentle awareness. It also helps to calm the nervous system, increase body awareness, and create space for the release of long-held tension (Streeter et al., 2012).

Counselling can also compliment this and help us to explore the emotions sitting behind our physical experiences. Through a compassionate and safe therapeutic relationship, we can begin to make sense of the body’s signals and stories.

If you or anyone you know feel that they are struggling with feelings or emotions I'm a BACP registered counsellor from Empathy in Therapy , a counselling service that offers integrative counselling for adults and specialises in anxiety, depression and neurodiverse identities.

*For more reading see: Emotions Stored in Body Parts Explained
Biopsychosocial approach to tendinopathy | BMJ Open Sport & Exercise Medicine
Van der Kolk Bessel, The Body Keeps the Score, Penguin 2015.*

Empathy in Therapy
Compassionate, accepting and empathetic

[Home](#) [About](#) [Contact](#) [Crisis support](#)

Empathy in Therapy

Personalised counselling for adults

COMPASSIONATE, ACCEPTING, EMPATHETIC

Access Amy’s website for more information below:

[Personalised counselling for adults | Empathy in Therapy](#)



Summer Solstice Adventure



The 21st June marked the longest day of the year, the Summer Solstice. Sharn celebrated the occasion by riding her bike from sunrise to sunset over the steep and challenging terrain of the Quantocks and Exmoor. Starting at 4:30am to see the sunrise over the Quantocks, and finishing just after 9:30pm when the sun set, the route included a whopping 14,291ft of climbing over 107.66 miles mostly off road. From Nether Stowey, Sharn climbed over the Quantocks into Exmoor descending in to Minehead, climbing up over Dunkery beacon, to then descended back down to Porlock, and back out over the moor, before returning back to the Quantocks, into Nether Stowey. The epic 14 hours of riding time sure was hard work, but absolutely worth it for the amazing adventure and truly spectacular and magical scenery.



Sharn Hooper | Aspire Physiotherapy

Yesterday at 4:29 AM · Somerset, England

Solstice - sunrise to sunset



Congrats! You just became 2nd on Camp site to bridge!

Distance
107.66 mi

Elevation Gain
14,291 ft

Moving Time
14:02:42

Avg Power
115 W

Avg Speed
7.7 mi/h

Calories
5,476 Cal



Ava's Amazing Art!

Ava from our Combwich class will be showing her amazing work this month - check out the details below!

Come and see the amazing range of work produced by our Portfolio Course students over the year.

*1 Year in Print
1 Year Intaglio
1 Year Contemporary Relief
1 Year Screenprint
1 Year Textile Printmaking*

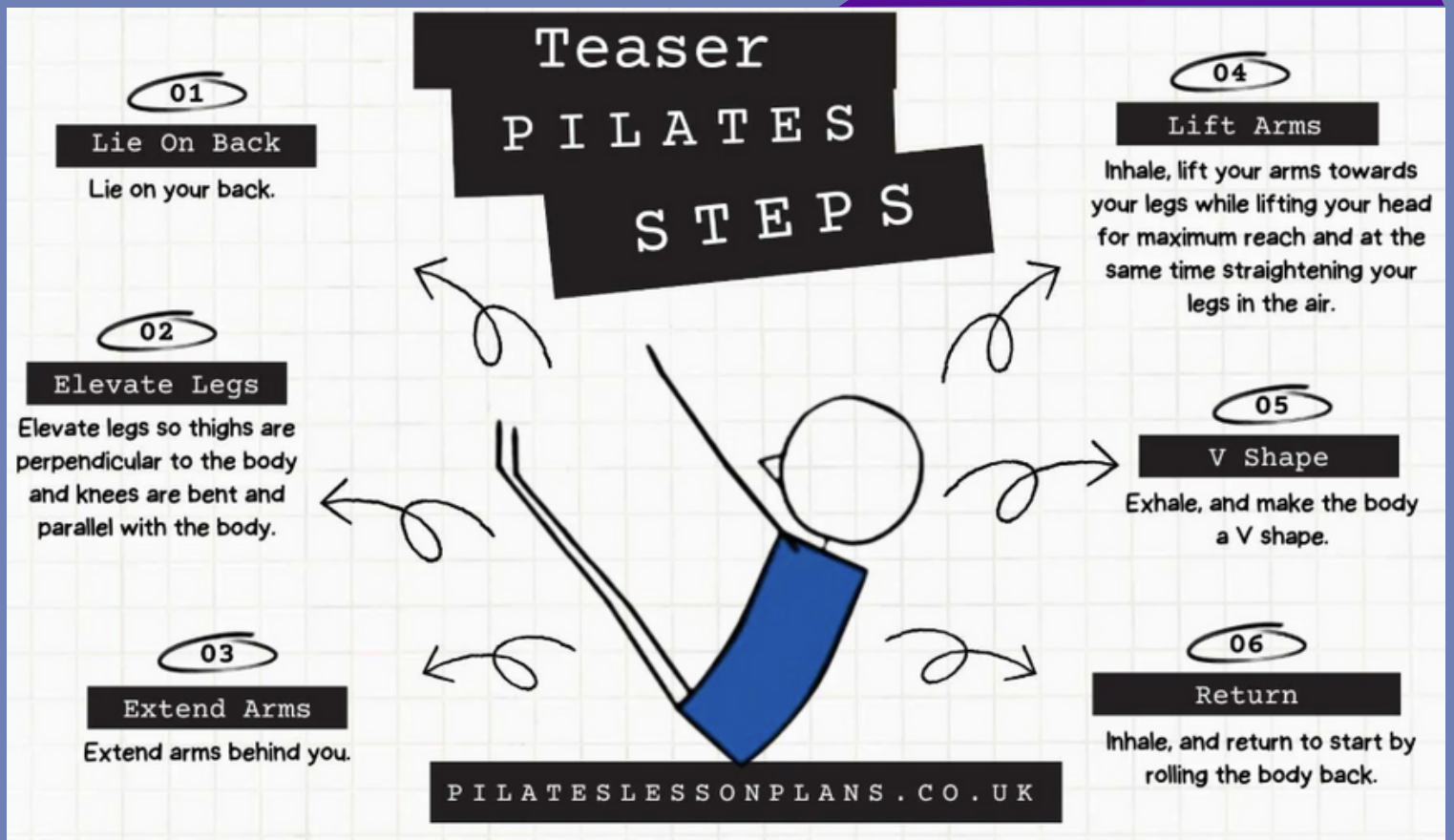
Spike Print Studio Portfolio Courses

END OF YEAR SHOW

at Spike Print Studio, 133 Cumberland Rd, BS1 6UX
Thursday 17th & Friday 18th July 10-4pm
Saturday 19th July 10-2pm
Private View: Thursday 17th July 6-8pm

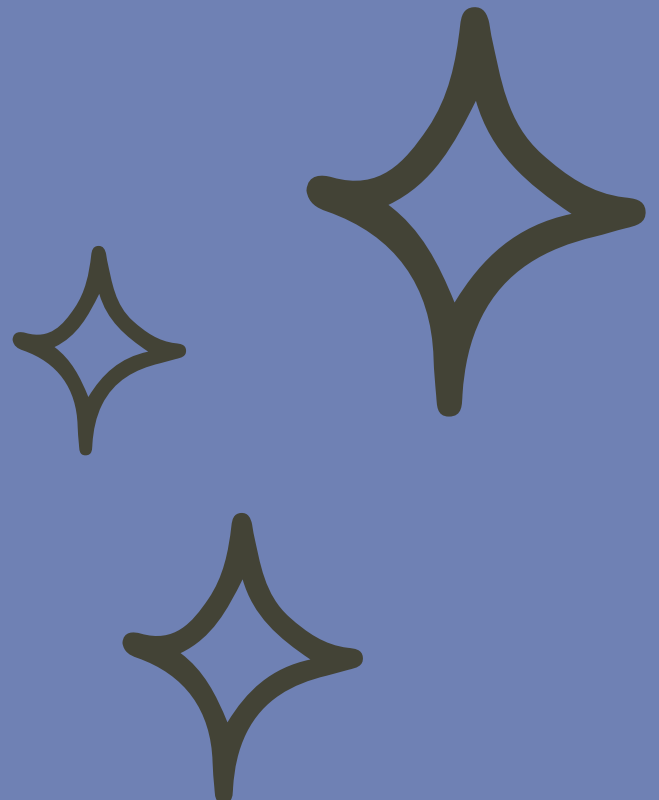
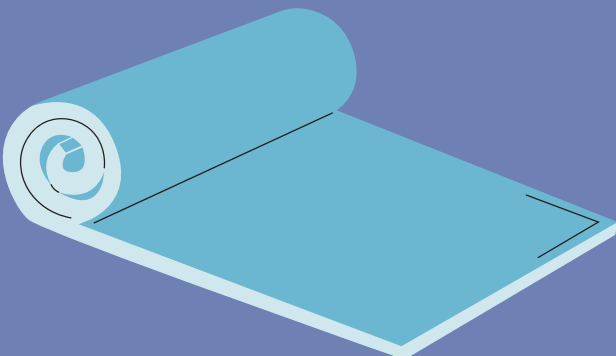
spikeprint
STUDIO

PILATES MOVE OF THE MONTH



BENEFITS

Abdominal and back extensor strength. Trunk stabilisation.





ACTION FOR HAPPINESS

Action for happiness is an organization dedicated to happiness. It has some great resources – and the app is great too. Check it out:

[Happier Kinder Together](#) | [Action for Happiness](#)

Each month they release a calendar with a mindful thought for every day. The calendar for this month is below – you can head to the website to download a version – maybe save as your desktop background 😊



Jump Back Up July 2025

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

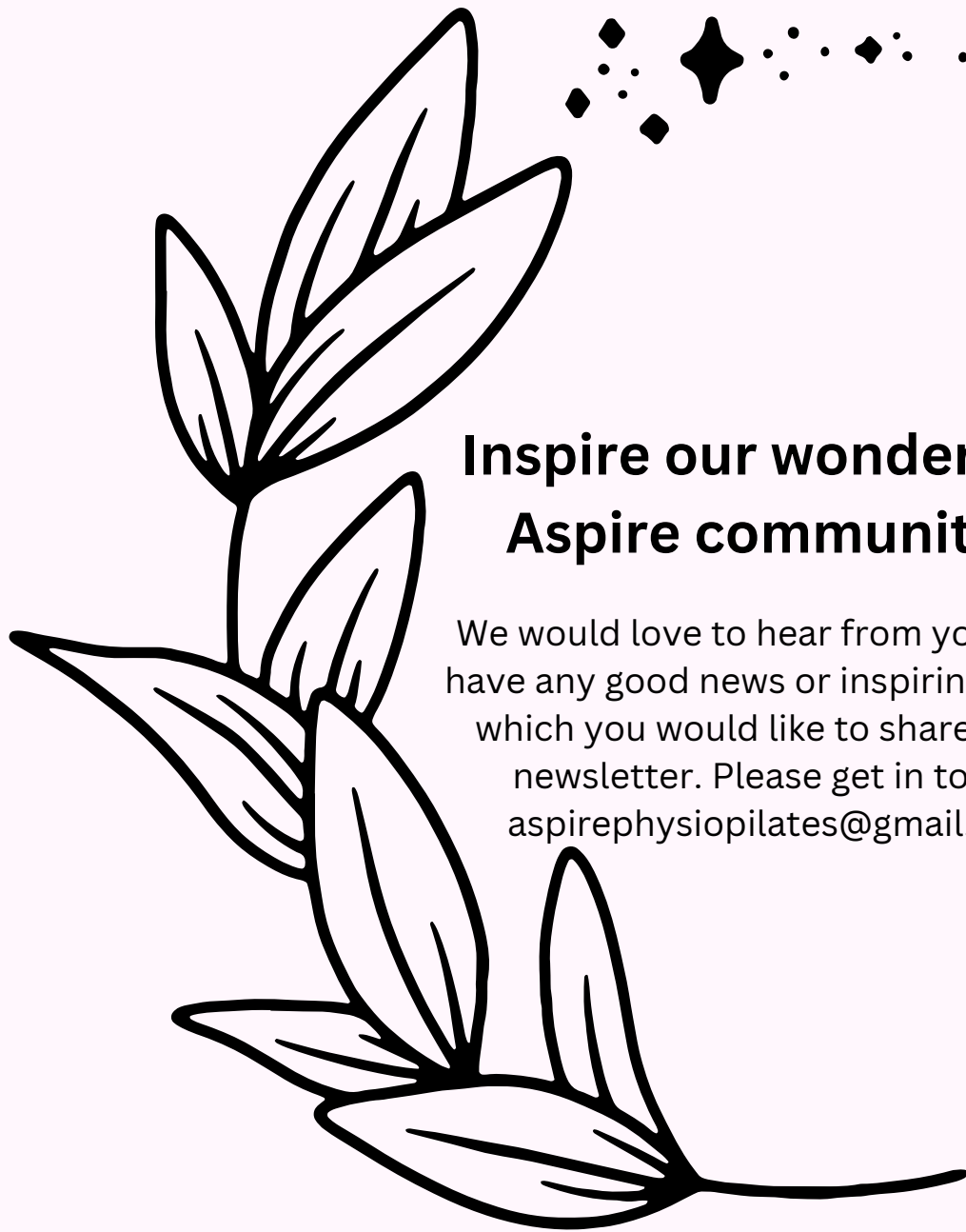
31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

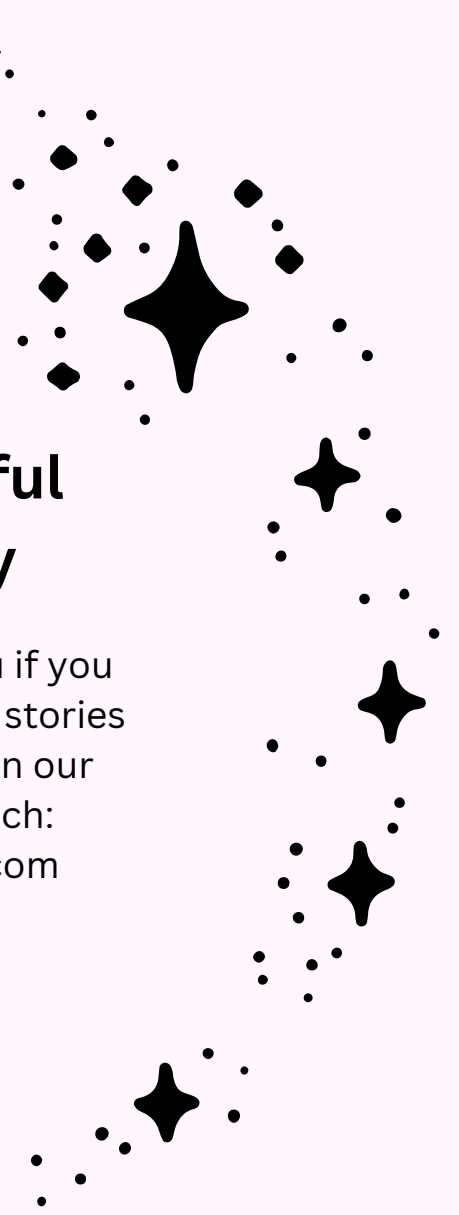
Happier · Kinder · Together





Inspire our wonderful Aspire community

We would love to hear from you if you have any good news or inspiring stories which you would like to share in our newsletter. Please get in touch: aspirephysiopilates@gmail.com



Thank
you!

Sharn