

Hormone Yoga now available in the Algarve



Kathrin Wörner

Hormone Yoga is very fulfilling, it corrects and balances the female hormones and is a natural way back to perfect femininity. It allows you to feel the fountain of youth within yourself again. Hormone Yoga (by Dinha Rodrigues) is the natural alternative to conventional hormone therapies.

Hot flushes, migraine, anxiety, palpitations, depression, joint pain, and insomnia are some

symptoms which can be caused from a lack of estrogen.

However, specific breathing techniques and dynamic asanas directly massage hormone producing glands. In addition the Tibetan way of directing energy is combined with specific muscle contractions in order to stimulate and activate female hormone production.

Hormone Yoga Therapy also works positively on your Hormonesystem before, during and after the menopause. You don't need any experience in Yoga but a little discipline and regular practice is helpful.

You will experience positive results and exercises are easy to learn. You will find them very uplifting and you will feel swift changes in your body during the course.

Kathrin Wörner offers continuous Hormone Courses throughout the year. The local courses will be held in the Dojo, Barão São João, in Alfambras and soon in Lagos.

For more information visit her homepage www.kathrinwoerner.com or contact her for any enquires on mob: 919297638.

Holiday-home owners tap into family market

Tots to Travel (www.totstotravel.co.uk) specialises in providing genuinely family-friendly holiday accommodation across Europe. They give parents with small children peace of mind in knowing that their holiday home has been inspected by a trained expert to make sure that it is safe, fully equipped and as beautiful as it looks in the pictures. The company looks set to turn over £1 million in 2010, and is currently expanding in Portugal.

On the other side of the business, Tots to Travel works with holiday property owners by supporting them to respond to the demands of this niche market, thus helping them to increase the number of weeks that they let out every year. On average, two thirds of bookings are OUTSIDE July and August, giving home owners a valuable financial boost.

There are now two Lettings Experts based in Portugal. New mum **Anna Black** (anna@totstotravel.co.uk) recently returned from maternity leave and is looking to expanding her portfolio across the Lisbon region. Mother of two **Christine Amorim** (christine.amorim@totstotravel.co.uk) recently completed her training and is now looking for suitable properties across the Algarve.

The founder of Tots to Travel, Wendy Shand, has published a new book entitled 'Empty Weeks: How to get more bookings and make money from your holiday home'. To grab your free copy, go to www.freeholidayletsbook.co.uk

If you own a holiday home in Portugal and would like to tap into the family market, contact your local Lettings Expert now, and start preparing for a bumper year!



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Traditional Indonesian Massage



Ever since the first caveman bumped his knee and rubbed it better, we have instinctively known how touch heals, we remember our mothers rubbing better many of our childhood bumps and bruises!

Today massage has evolved independently all over the world, with many different names and styles, but almost all having the same basic underlying techniques, objectives and benefits. These benefits include: improved circulation, improved lymphatic drainage (release of toxins), relaxation - stress management, muscle toning and an overall sense of well-being and body awareness.

In today's life, stress is perhaps our biggest health enemy, with most of us not having time to 'de-stress'. This thought has led Jake Nico to use his knowledge of Traditional Indonesian massage, learnt in the traditional way during his many years in Asia, to offer this particular style of massage in the comfort of your home, work place, or wherever is most convenient for you!

He will come to you, showing credentials and identification, bringing with him the 'tools of his trade' - a portable massage table, high quality

vitamin E enriched oils (excellent for skin rejuvenation), hot towels and the modern side of his massage - an infra-red massage machine, ideal for subtle deep tissue treatment.

Jake believes that massage is still something yet to be discovered by many people, who having not really tried it, are yet to personally experience the peace of mind and body that it can bring. So in an effort to facilitate this discovery for the Algarve community and establish a client base for his new business, he is offering FREE introductory massages, with only a small travel cost charged. This offer is open to a limited number of people only, so call now to book yours! 960 131 484. www.indomassage.eu.



Jake Nico

New book website

The new book website www.montanabooks.com has recently been launched. Its aim is to publish and sell books about Portugal, but not only. There's also a general fiction and non-fiction section, a painting section, as well as a travel and short story page where you can download stories for free.

The website will expand over time. Most books/downloads are currently in English, but there will be German and Portuguese publications in the future.

You want to get your novel published?

In case you didn't know, there are two types of people in this world. Type one are those who, when they hear, *I've just had my book published*, tend to search about for someone else to talk to. Type two respond with, "That is so cool. I plan to do that - I've written the first page and I should've finished the whole thing by the end of next week."

Type ones, I suggest you move on to the next article right now. Type twos - do you know what you're letting yourself in for? Read on.

Writing a story is fun; writing a story and trying to get it published is a huge, mammoth task. If the latter is what you're aiming for, whether you're one of those people who make scrupulous, detailed notes on your plot until your desk is flattened by their sheer weight, or whether you're one of those who just keep-on-going-and-I'll-edit-it-afterwards, then be prepared.

There are millions of would-be writers all clamoring, "me, me, me". One agent in the UK says he receives over two hundred unsolicited submissions a week. And does he read them? Not in the first, or possibly even the second, round. They're dumped on the slush pile (use your im-

agination) which falls to an unpaid intern's lot to sift through. Just hope that your precious baby - sorry, manuscript - is not the one she picks up five minutes before she has to leave to catch her train, or the one she reads after a liquid lunch. You might have the imagination of J.K. Rowling, or the style of James Patterson, but you also have to be the type of person who's won the Lottery Jackpot three times in a row because that agent with the two hundred queries will probably only take on three or four new clients a year.

If you're unsure about how to write your novel, you'll find dozens of "how to" books out there and there's a gazillion free articles if you Google "How to Write a Book". But every one of them advises, *Don't Give Up the Day Job*.

Have you looked at who's on the Best-Seller lists lately? Jamie Oliver, Stephen Fry,

Nigella Lawson, Keith Richards, ...umm...Katie Price.

Publishers and agents are feeling the pinch too these days and they're plumping for the big names, the ones they know will sell and make the big bucks. Who's going to give a toss about Jane Doe whose first novel begins with the line: "It was a dark, stormy night..."?

Publishers and agents - what's the difference? An agent is an intermediary between the author and publisher; an agent protects the author's interests from the big bad publishers who, if left to their own devices, just might produce a contract in which the writer sells her soul; an agent will help the author slap her manuscript into some form of acceptable shape (although it has to be pretty good to start with); an agent has "contacts" which the author doesn't have. Publishers - and I mean the big, scary ones - do not accept sub-

missions from the general public, only from agents. Agents will send out bids for your book and accept the highest for you. Then they'll take their huge cut of it.

But I'm going far ahead of myself here. Let's imagine you have written a novel and you have reached the submission stage. Make sure you know what genre it is (romance, suspense, thriller etc.) because how amateurish will you look if you submit a blood-sucking book about the undead to an agent who only likes cowboy stories? Your manuscript must be finished and polished enough to see your face in. Yes, I know you're only sending out a synopsis in the first instance, but agents want their full dinner not just dessert and if they ask to see more (usually the first three chapters, oh happy day) you have to send it off *immediately* - not in three months time.



Susan Leite Monteiro

The itchy issue of agent etiquette rivals that of asking the Queen for tea. Put your foot an itchy bitsy out of line and you're for the chop. Your submission itself is no easy task, you can't just plonk it out and hope you'll overwhelm the underpaid, or even unpaid, bored intern. Your submission is a direct reflection on your manuscript and you want the agent to like you. That doesn't mean addressing the submission letter with "Hiya there Dave". Be polite, be pro-

fessional and boot-lick - don't start the letter with "Dear Sir," use his name: "Dear Mr. Frogshhead"; find out about what books the agent has represented, praise them to the hilt and he won't think you're some beanbag from the back of beyond. Thoroughly depressed? Don't be. I have just had my book published.

(Next week: My own rocky route to publishing)
Susan Leite Monteiro