Day 64 - River Walks and Rainbows

April 15, 2013 By Gemma Peppe

I've been exhausted the last few days. I've woken up with sore, tired body and mind. I've not bothered with the yoga. I felt like yoga would make me feel worse, not better. On Saturday I cancelled the filming I was supposed to do as my headache was back. On Sunday I didn't go to see my brother. I had wanted to go to his house. The sun was out, his garden is a suntrap but most of all I wanted to see his children.

When Louie surfaced on Sunday morning I said, *I'm fed up, I've been in the house a few days. I haven't spoken to anyone but I don't want anyone to come round. I want to go to Daniel's but I can't face the drive (half an hour). Can you please sit and talk to me?* Both Louie and my brother said that with just over three weeks to go I should obey whatever my body is telling me do. I ended up spending a lot of the day chatting with Louie and we had a walk by the river.

Today I woke up and felt fine. I did yoga again for the first time in a week. I went into the office and I walked from Waterloo to London Bridge.

Today's pic is the rainbow we saw from our house on Friday.

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