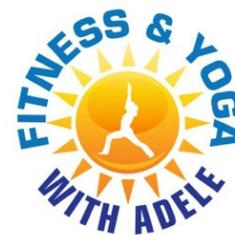


January 2016 Newsletter



You are never too old
to set another goal or
to dream a new
dream.

– C.S. Lewis

Pose of the month.....Simple Squat

This pose strengthens and stretches the hips and buttocks, releases tension from the lower back.

It also aids good digestion and improves knee & ankle mobility.

To make it easier, you can raise the heels on bricks/wedges, or hold onto a support [a strap or partner] as you sit deeper into the pose.



Toesox

£8 per pair while stocks last

ToeSox for better grip and improved circulation .



Yoga classes are re-starting from

Monday Jan 4th .

All classes are 'Mixed level' and 'Drop in' so you can attend whichever you choose.



"Good things come to those who wait...greater things come to those who get off their ass and do anything to make it happen."

QuotesIdeas.com

Is it time for Detoxing now ?

So we may have overindulged a little over Christmas and now feel like we need to go on a health spree to undo all the damage, but is 'Detoxing' really necessary ?

We have all read about Detox plans that include 'fasting', 'cleansing' 'expensive 'Detox drinks' but in my humble opinion, they are all a bit of a waste of time and money .

We have a Liver and two Kidneys that are there for the purpose of doing all this for us .

So, here are 6 Top Tips for helping these two vital organs out ...

- 1. Drink at least a 1.5 litres of pure water a day for the next month.**
- 2. Cut down on Sugar and Alcohol. [or cut them out altogether if possible]**
- 3. Do some exercise that you ENJOY doing, every day. Dance , Walk, Cycle ,Swim, Yoga, whatever makes you smile ☺**
- 4. Breathe ☺ Spend a few minutes a day focusing on deep ,steady abdominal breathing .**
- 5. Make sure you take some time out to relax every day , maybe soak in a bubble bath , listen to your favourite music , talk with friends , but do something that makes you feel calm and happy. This is emptying the 'Stress bucket ' we all have, that is being added to every day .**
- 6. Finally ...Smile more and Hug more....2 things proven to release our natural 'feel-good' chemicals.**

MAGNESIUM HEALTH BENEFITS

- Maintains normal muscle and nerve function
- Promotes muscle relaxation
- Promotes cardiovascular health and a steady heart beat
- Retains normal blood pressure and blood sugar
- Provides relief from PMS symptoms including weight gain, breast tenderness, and bloating
- Strengthens bones
- Supports bone metabolism
- Supports a healthy immune system

See you in class ☺

Namaste

Adele xx

Magnesium

