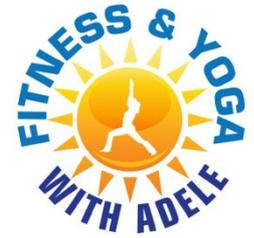




KINETIC CHAIN
ASSESSMENT SPECIALIST

Yoga with Adele: January 2017 Newsletter



Movement of the month: Crawling

The Benefits of Crawling:



Crawling is a developmental movement pattern that ties everything about you together.

In developing children, crawling activates and integrates the different parts of the brain. Through crawling, neural connections and pathways are established in the brain that allow the brain to become more efficient at communication between the left and right hemispheres. The better the brain can communicate and process information, the better the body moves.¹ Crawling also unites your sensory systems. It integrates your vestibular system (your balance system), your proprioceptive system (your sense of self in space, or your self awareness system), and your visual system (your visual system).

It can even improve your hand eye coordination.

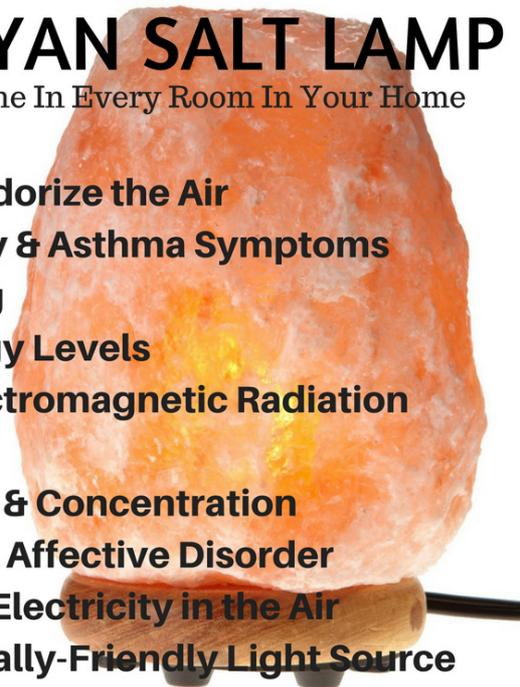
Read more of this article here :

<https://breakingmuscle.com/learn/regain-and-build-your-original-strength-through-crawling>

HIYMALAYAN SALT LAMP

Reasons To Have One In Every Room In Your Home

1. Cleanse & Deodorize the Air
2. Reduce Allergy & Asthma Symptoms
3. Ease Coughing
4. Increase Energy Levels
5. Neutralize Electromagnetic Radiation
6. Better Sleep
7. Improve Mood & Concentration
8. Treat Seasonal Affective Disorder
9. Reduce Static Electricity in the Air
10. Environmentally-Friendly Light Source



NEW Class : Yoga Loft, Wed 6.30pm Burbage

I am moving my Wednesday evening class from Stoke Golding to a beautiful new Yoga Studio that has recently opened in Burbage.



It will be the same mixed level /drop in /pay as you go class as before ...All welcome to come along.

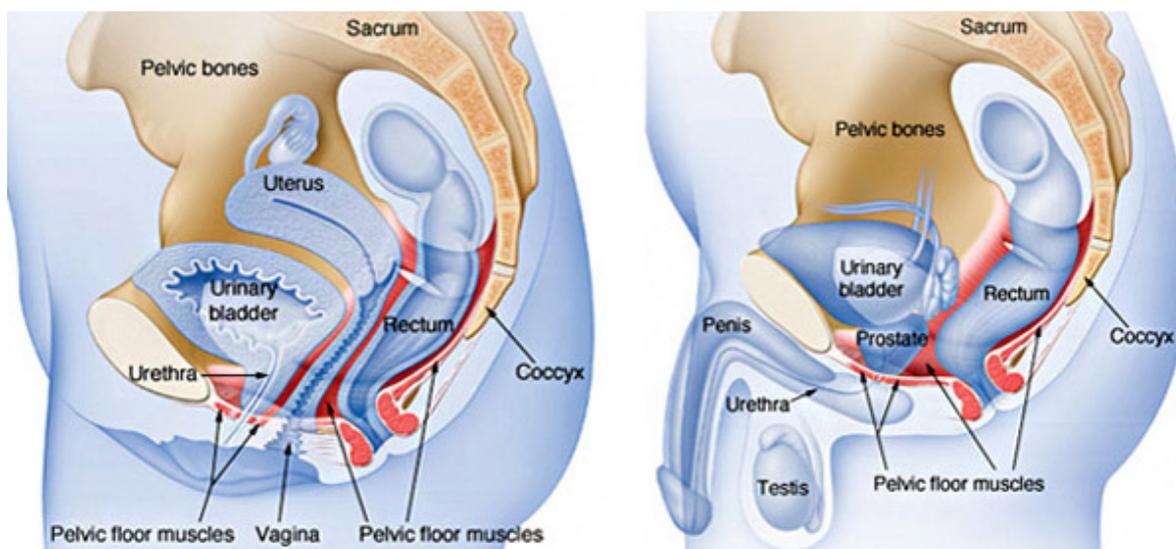
It is located on the 4th floor above Rebecca Dawe Photography and opposite The Sycamore Pub .

Parking is available either in front of the building or about 100 yds around the corner in the Millennium Hall Car Park off Britannia Rd.

The Studio has a proper Yoga Cork floor so it is warm and I will therefore not be taking my usual floor mats. You will need to take your own Yoga mat for this class
[I do now sell Warrior Extra Thick Sticky Yoga mats for £20]

Pelvic Floor Workshop

This month I will be attending a New Workshop with Expert 'Cherrie Baker ' on How to improve Pelvic Floor function ..this is a very important issue for everyone young or old male or female as it is a hugely important muscle with many uses.



Have a great Month !! See you in class...Adele x

www.yogawithadele.co.uk