



## Yoga with Adele : February Newsletter



### Pose of the month Plow:

Stretches the shoulders and spine.

Reduces stress and fatigue,  
stimulates the internal organs,  
thyroid gland and digestive  
system.



# ZINC BENEFITS

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1. BOOSTS LIBIDO
2. HELPS WITH ACNE
3. HELPS WITH ECZEMA
4. HELPS TREAT ANOREXIA NERVOSA
5. HELPS WITH ADOLESCENCE GROWTH
6. HEALS WOUNDS
7. IMMUNE SYSTEM BOOSTER
8. MAINTAINS SENSES OF TASTE AND SMELL
9. PROTECTS MEMBRANE CELLS AGAINST FREE RADICALS
10. HELPS WITH MACULAR DEGENERATION
11. REGULATES BLOOD GLUCOSE
12. SUPPORTS NEUROLOGICAL FUNCTION
13. SUPPORTS NORMAL GROWTH DURING PREGNANCY

**GOOD SOURCES:**  
Crab, lamb, raw dark chocolate, oysters, peanuts, wheat germ, pumpkin seeds and squash seeds.

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### ToeSox SALE

Stock clearance...all £7 per pair while  
stocks last.



## The Benefits of Massage :

Regardless of your age, activity level or the type of job or sport that you do, massage can be of great benefit and a useful addition to all the things you do to look after yourself and help keep your body in good condition.

Sometimes it is our everyday activities that cause those niggles, aches and pains, rather than a particular sporting activity.

Our bodies are amazing at adapting, which is great, however if the reason for the adaption does not get addressed, over time this can create unexplained aches and pains.

Posture is a great example of this, a lot of us have aches in our shoulders and necks, of which our modern day life activities like using computers, lots of driving, looking down at our mobile phone / tablets and carrying heavy bags on our shoulders contribute to. These activities on a day by day basis encourage our muscles to work in different ways, which in time could result in muscles not really built to do a particular job being required to do most of the work (for example holding our heavy heads up).

This is where massage can be of benefit, in addition to the various techniques used in massage help to release the knots and tension, having a massage treatment can also help to make us aware of what is going on in our body, so that we can take steps to help ourselves. Some of the activities mentioned above are unavoidable, but when we know about the impact they could have, we can take steps to counteract them like some more regular stretching, or specific activities to help strengthen muscles that may have become weak over time.

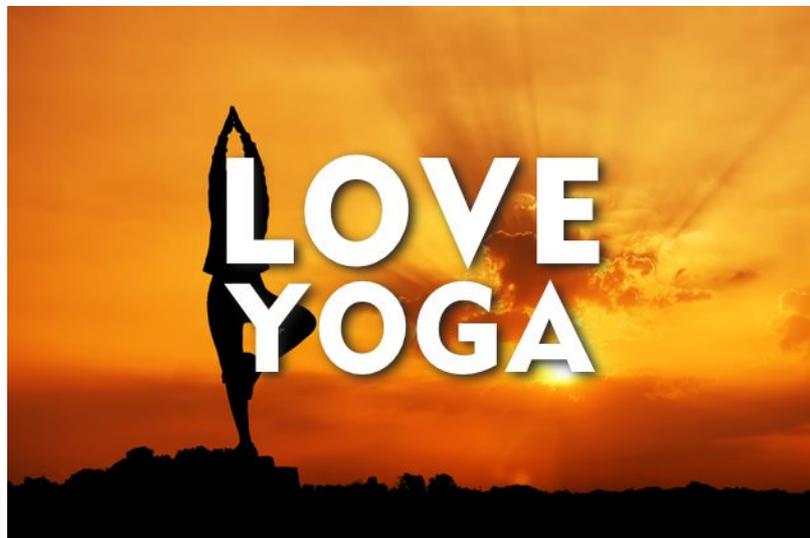
For those of you that do a lot of sport or have a job that involves a lot of manual activity, massage can have an added benefit of acting like an early warning system, as the massage therapist may find tight or restricted muscles and soft tissues before you start to get those early niggles or aches and pains, which if treated in the early stages are less likely to cause disruption to your training regime or daily job.

In life's later years, it is natural to slow down and become less active, this in turn can cause our joints to stiffen and make getting around a bit more awkward. Massage can help to keep the muscles and tissues more mobile and has been known to reduce the level of discomfort in arthritis sufferers.

Different types of massage therapists use different types of techniques, for example Swedish massage, massage involving heat, pregnancy massage and sports massage. It is worth doing a bit of research and at your first treatment you should be asked about any medical conditions or medication you are taking, as sometimes these could affect the type of treatment you receive.

Lastly, Sports massage can have the reputation for being painful. This should not be the case, if you are in a lot of pain it is natural for the body to tense which can become counterproductive. The nature of the techniques can create some discomfort, but that should only be for a few moments, otherwise the type of technique should be adjusted.

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Finally , please feel free to email/text me with any suggestions for improving the classes.....They are YOUR classes so I value your feedback and constantly strive to make the classes as enjoyable and beneficial to you all as I can .....

*Remember... "Yoga is for life, not just for After Christmas "*

HAVE A GREAT MONTH ....SEE YOU IN CLASS

NAMAST'E ADELE XX

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