



## Sensory Exercise of the month

### 'Propriostim' or 'Dry Shower'

Think of this as a warm up for your Nervous system, it fires up all the 'nerve receptors' on the surface of the body and improves how our muscles and joints work. Simple to do, you are trying to



stimulate the entire surface area of the body with either massaging/ stroking/ scratching tapping which wakes up the receptors /re-setting the sensory system and increasing energy .

### What I'm up to this month :

I will be attending a 'Hip opening workshop', which will explore the biomechanics of hip opening through a variety of poses that move your ball and socket hip joint through its full range of motion. Hopefully picking up some new moves and techniques for classes.

## FIRE - WALKING



In a moment of madness, I've signed up to do a 20ft 'Barefoot Fire Walk' to help raise money for Leicester Animal Aid shelter ...this will be taking part on Thursday Oct 26<sup>th</sup> and I would love it if any of you could spare a few £'s to sponsor me [and maybe some ice cubes for my feet afterwards]

<https://www.justgiving.com/crowdfunding/adelejames1>



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# PINEAPPLE

## DID YOU KNOW?

They contain Bromelain, an enzyme which aids with digestion and found to help suppress coughs and loosen mucus.



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ANTI-INFLAMMATORY  
BONE HEALTH  
COMBATS JOINT PAIN  
EYE HEALTH  
FACILITATES DIGESTION  
FIGHTS ARTHRITIS  
GUM HEALTH  
HEART HEALTH  
HIGH IN ANTIOXIDANTS

IMMUNE SYSTEM BOOSTER  
IMPROVES BLOOD CIRCULATION  
MACULAR DEGENERATION  
NATURAL DIURETIC  
PACKED WITH VITAMINS  
PREVENTS COLDS & COUGH  
SKIN HEALTH  
TREATS BRONCHITIS

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## Move of the month 'Hands Free Get Ups'

Can you get from lying flat on the floor, up to standing and then back down without using your hands to steady you?



## SELF DEFENCE WORKSHOP / HELP FOR HEROES CHARITY.

**FINALLY ...A HUGE THANK YOU TO ALL OF YOU WHO ATTENDED THIS EVENT ...WE RAISED A TOTAL OF £300**



Have a great month ....See you in class Adele xx

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