

**Pose of the month: Simple prone back extension**

Strengthens the muscles which support the spine and keep good posture. Keep the feet down, tail bone tucked under, abs engaged and back of the neck long ...lift and lower slowly for 10 reps, then lift and hold .



**Fire walk**

Well...I did it 😊

I have to admit my Fire walk experience has been an interesting journey from the beginning when I signed up thinking it would be an absolute doddle.

But.... I'm a born 'worrier', so gradually over the weeks I found myself becoming more and more anxious and fearful about everything that could possibly go wrong....from my costume catching fire, to falling over, freezing on the spot and letting everyone down, bursting into tears and looking a big wuss, I even worried about getting splinters from the wood, Crazy Huh?

All proof that FEAR really is just 'False Emotions Appearing Real ' and most of what we worry about and tell ourselves, simply is not true. Our mind plays tricks on us.

However by the time I was ready to step onto the fire that night I was feeling great and not a moment of hesitation.

This was all largely down to learning more about the 'Science/Physics behind Fire walking which enabled me to better predict the outcome. [ being able to better 'Predict & Respond' something, makes the brain feel safe = less worry]

That combined with using body language techniques, positive words to myself, and also huge support from the people around me [ big thanks to Hayley ,who I'm very thankful did this with me ] , enabled me to go ahead with no concerns and really enjoy the experience.

If you think you can do something, or think you can't do something, then you are correct, so think the right things 😊

So I just want to add a huge "Thanks" to everyone who supported me and donated ....I have raised over £300.

# HEALTH BENEFITS OF SAUERKRAUT

Organic  Facts

- ◆ Boosts immune system
- ◆ Reduces risk of heart diseases
- ◆ Aids in energy production in body
- ◆ Helps in maintaining healthy heart
- ◆ Prevents gastric ulcers and colon cancer
- ◆ Beneficial in building strong bones and prevents osteoporosis
- ◆ Reduces risk of macular degeneration and development of cataracts



Caution: Sauerkraut is high in sodium. Consult doctor before use if suffering from cardiovascular and renal diseases

[www.organicfacts.net](http://www.organicfacts.net)

## Class timetable for Autumn/Winter 2017:

**\*New Class \* Thurs 10am Sharnford Community Centre, LE10 3PT**

**\*Turn left just before Sharnford Arms onto Chapel St, then left onto Park View Road, venue is on the sharp bend.**

**Mon 6.15pm Baxter Hall, Stoke Golding**

**Mon 7.30pm Baxter Hall, Stoke Golding**

**Tues 12 Midday Sapcote Pavilion**

**Tues 6.30pm M.B.M.D.Studio, Swan House, Market Bosworth**

**Wed 6.30pm Baxter Hall Stoke Golding**

**Thurs 12.15pm M.B.M.D.Studio,**

**Swan House, Market Bosworth**

**Fri 10am Sapcote Pavilion**

*Have a great month ...see you in class x Adele*

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**"COURAGE IS NOT THE ABSENCE OF FEAR ...IT IS THE ABILITY TO OPERATE IN SPITE OF FEAR "**

**MARK TWAIN**