

**Yoga with Adele January Newsletter 2018**

Pose of the Month :

Lightning Bolt or Chair pose

If you are going Skiing this season this is a great pose for preparing the lower body. Keep your weight behind you and sit back onto your heels, tail bone slightly 'tucked' and thighs parallel. To modify, place your hands onto thighs for support. This can also be done as a 'Partner pose '.



**2018 YOGA TIMETABLE**

**\*New Class : Mon 6.15pm George Ward Centre, Barwell**

**\*New Class : Mon 7.30pm George Ward Centre, Barwell**

**Tues 12 Midday Sapcote Pavilion**

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

**\*New Class : Wed 6.15pm Dadlington Village Hall**

**Thurs 10am Sharnford Community Centre**

**Thurs 12.15pm M.B.M.D.Studio Swan House, Market Bosworth**

**Fri 10am Sapcote Pavilion**

## Top tips for beating the 'Post Christmas slump'

1. Dopamine levels [ one of our feel good chemicals that is gradually released building up to Christmas ] can suddenly drop sharply afterwards, leaving us feeling quite low ...so put something in your diary you can begin looking forwards to.....even if it's just a get together with a friend, or a trip to the cinema.
2. Cut right back on sugar ...we all consume too much sugar over Christmas and this can mess up our biochemistry giving us energy and mood slumps. The first few days will be VERY hard ...but totally worth it.
3. Exercise...you all know this already ...but it is one of the best ways to lift your energy and improve your mood. Any exercise is good just get moving.
4. Drink more Water ....I know...boring right? But, very important as most of us just don't drink enough water 'consistently' .

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If you are planning on a 'Detox', try adding some of this into your diet:



Class Prices ...for the 3<sup>rd</sup> Year now I am freezing class prices

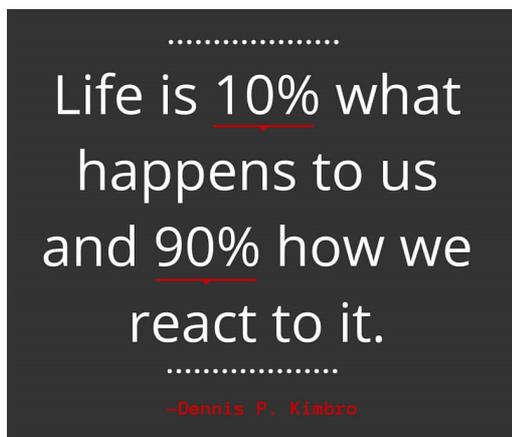
£7 Pay as you go

£60 =10 class Block card

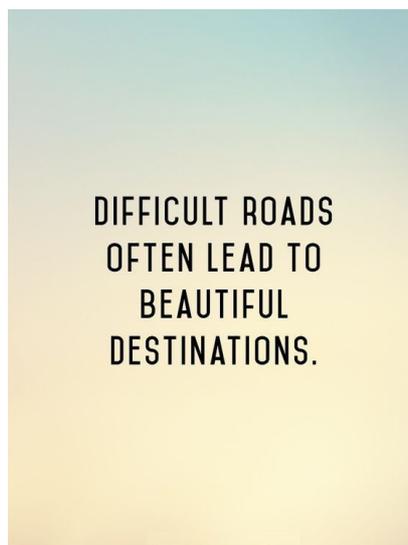
**Please remember** Block cards are for those of you who attend every week, or more than one class per week...however they **MUST** be used up within 12 weeks and cannot be shared by 2 people or transferred ...so if you don't think you will use it within 12 weeks then 'Pay as you go' may be a better option for you.

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2017 has been a pretty challenging year for me, so I have chosen 2 quotes that resonated....I hope they may hold some inspiration for some of you too for when things get tough.



KeepInspiring.me



Wishing you all a very Happy & Healthy 2018

See you in class

Adele xx

[www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)



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