



Yoga with Adele June Newsletter



KINETIC CHAIN
ASSESSMENT SPECIALIST

Challenge of the month

For those of you who have now mastered getting up from being seated on a chair, or the ground without the use of your hands to stabilise you, here is your next challenge:

Full Body Get -Up :

From this:



To this:



Back to this:



All without placing your hands on the floor.

Let me know how you get on with it ☺

Summer Holiday Dates

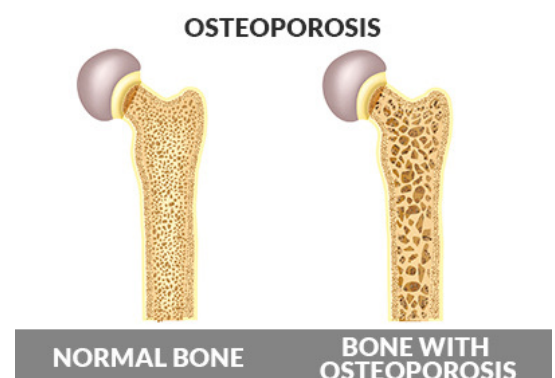
I will be taking my 2 week break the first 2 weeks of July, so the last classes will be on:

Friday 29th June, then all classes will re-start from Monday 16th July.

Osteoporosis Workshop:

During my break I will be attending a one day workshop on Osteoporosis and how it can affect anyone over the age of 45.

In this workshop I'll be learning more about its causes, how it can be prevented, which exercises to avoid and much more. I will be sharing all this with you when I return from my break.





Summer Timetable :All Classes are

'Drop in' & 'Mixed Level'

Mon 6.15pm George Ward Centre, Barwell

Mon 7.30pm George Ward Centre, Barwell

Tues 12 Midday Sapcote Pavilion

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

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

Have a great month...See you in Class....Adele x

Join me on:  <https://www.facebook.com/yogawithadele1>

www.yogawithadele.co.uk

