



## Yoga with Adele December Newsletter



KINETIC CHAIN  
ASSESSMENT SPECIALIST

### Christmas Holiday dates

Last classes on Friday 21<sup>st</sup> December, starting back from Thursday 3<sup>rd</sup> January 2019 as usual.

I am running classes during the Christmas period open to everyone to attend on the following days:

Thursday 27<sup>th</sup> Dec 12.15pm at Market Bosworth, Parish Rooms

Friday 28<sup>th</sup> Dec 10am at Sapcote Pavilion

### Free 'Yogability ' Long sleeve t-shirt

As a big 'Thank-you' to all of my wonderful students who support my classes throughout the year, I will be giving away one of these 'Limited edition' [first 100 people only] shirts to all my regular students who attend classes between Dec 17<sup>th</sup> and Jan 4<sup>th</sup> [while stocks last].

Men and women sizes M to XL



### Pose of the month: Cobblers pose:



Opens the hips & groins, stretches the inner thighs & abdomen. A great relaxation pose for the digestive system as it reduces compression, allowing better flow ...excellent for after a big Christmas Dinner ☺

Christmas can be a very stressful time for us all, so do remember to take time to focus on yourself and empty out your 'Stress Bucket' ... Breathe deep and steady whenever possible, drink plenty of water and get some gentle exercise at least 20 mins a day.

# Yoga with Weights

Starting in February 2019 at  
Dadlington Village Hall

4 week course £28

7.30pm til 8.15pm

Just 15 places available...so  
booking is essential.

Payment secures your space [please note this is a non-refundable course  
so please make sure you can attend all 4 sessions ]

Some weights will be available to borrow, but please bring your own if you  
have them, I recommend between a 2kg & 5kg pair of dumbbells depending  
on your strength .

Not recommended for beginners, or if you have an injury.



## 10 health benefits of cranberries

1. Treats Urinary Tract Infections
2. Fights Cancers
3. Fights Heart Disease
4. Helps Kidney and Bladder Problems
5. Prevents Dental Problems
6. Promotes Weight Loss
7. Anti-Ageing Properties
8. Improves Mental Health
9. Strengthens the Immune System
10. Relieves Skin Conditions

rawforbeauty.com

**Wishing you all a wonderful Christmas and Happy Healthy New Year**

**Adele xx**

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



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