



If you overindulged a little over the festive period then here are my very simple but effective tips for 'Detoxifying the body':

1. Aim to drink at least 1.5 litres of water each day.
- 2 .Eat more fresh vegetables/fruit
- 3.Do some kind of exercise everyday for at least 20 mins
[preferably outside] .

There is no need to starve yourself , spend money on fancy detox products or do anything extreme..

Your Liver and Kidneys are perfectly designed to cope with detoxifying your body if you just give them a little support.

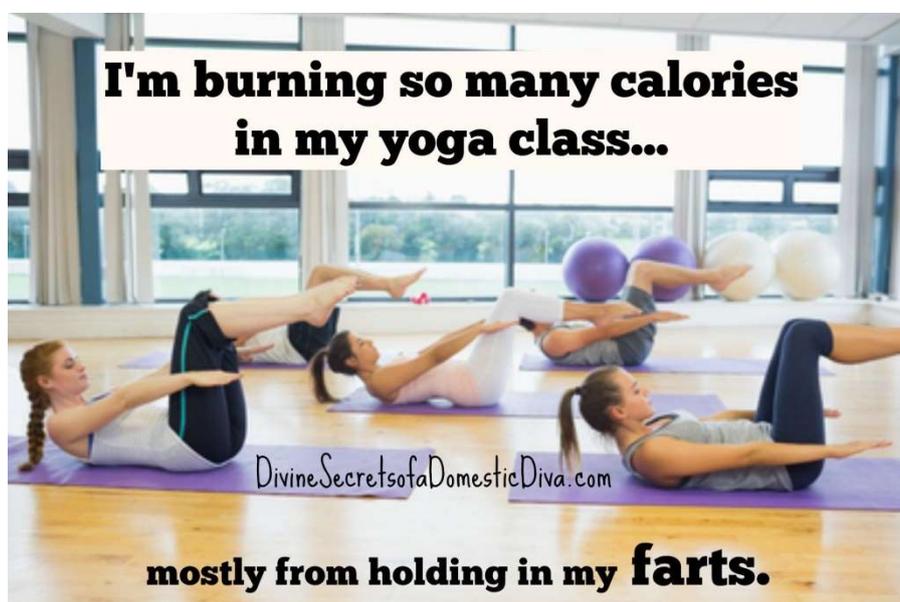
Yoga Class 'Etiquette'

A few tips to make sure everyone has a nice experience when attending a 'Group' Yoga class:



1. Please turn off your Phones before the class starts.
2. Try to arrive at least 5 mins before the class is due to start as important instructions are often given out at the beginning of a class.
3. When the class begins, please do not chat unnecessarily with others.
You may not need to hear what the teacher is saying, but those around you might.

4. If mats have been laid out already, please do not move them around ...they have likely been put out to give everyone an equal amount of space and fair view of the teacher for when classes get busy.
5. Do not walk across other peoples Yoga Mats.
6. Please try to save your questions for the end of the class, not during a class. A good teacher will gladly answer them for you then.
7. Everyone loves to have their own 'Spot' in class, but if a newcomer has unknowingly taken it, please do not ask them to move...they will likely be nervous enough and this can be very unwelcoming.
8. Always inform your teacher if you have any new injuries they are unaware of, or if you have been feeling unwell before a class.



'Root Toots'

Remember, we all do it, so no need to be embarrassed if it happens to you in class.

Pose of the month ...Easy reclined twist :

Try to keep your shoulders flat beneath you, your knees & feet together and your chest open.

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

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