



## Yoga with Adele February Newsletter



KINETIC CHAIN  
ASSESSMENT SPECIALIST

### **Pose of the Month: Headstand**

There are several ways to do Headstands and the benefits are numerous, but it can be a fairly scary pose to begin with, so always prepare the neck and shoulders first by mobilising and then only attempt a level you feel comfortable with and build up the time gradually.

#### **Classic - Tripod - or using a 'Feet up' stool**



#### Benefits of 'Inversions'

If your head is below the level of your heart , or your legs are elevated above your heart ,you will be getting the benefits of being inverted.

These can include :

**Increase Oxygen to the brain & boosts our circulatory system**

**Improve energy levels by stimulating Metabolism**

**Improves our concentration**

**Relieves pressure from our joints and digestive system**

**Boosts our mood.**

Seasonal Superfood of the month:

## Benefits of Cauliflower

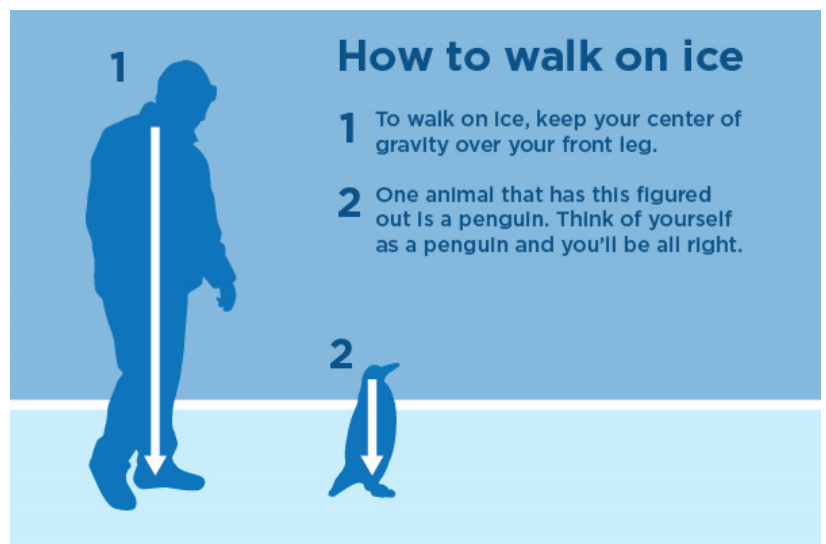
- High in anti-oxidants.
- Reduce inflammation.
- Rich source of fiber.
- Builds Healthy Immune System.
- Rich calcium source.
- Helps in reducing the risk of cancer.

HealthyFamilyMealPlans.com



**Snow & Ice ...please take extra care coming to classes as some of the pathways/entrances to the venues can get very slippery.**

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



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