

Pose of the month

A lovely back bend which opens the chest and hips. Make sure you keep the back of the neck 'open' and squeeze the bum, keep a posterior tilt on the pelvis [tipping out the back of bucket].

Camel Pose
Ustrasana

Full Pose



Modifications

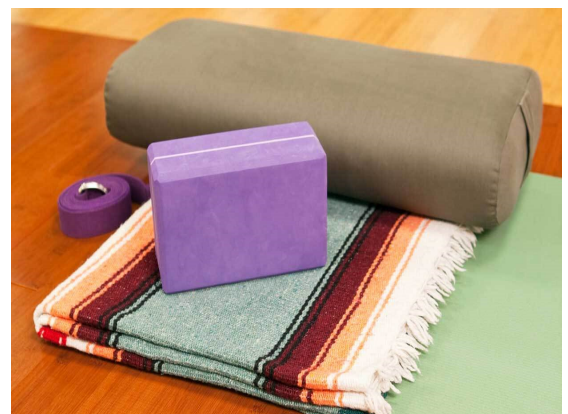
Yoga Props and their uses

There are numerous props and gadgets in the world of Yoga and over the years I have bought and tried most of them from Spiky Mats, to Back Arches, to Yoga Swings, however some of the simplest are still the best such as Straps , Bricks, Wedges , Bolster Cushions ,Blankets .

Using props can make a big difference to your Yoga practice as you can use them to make poses more challenging as well as making them easier, but they basically allow the 'Yogi' to adapt poses to suit their ability by making poses more comfortable and stable.

Here are just a few examples :

Yoga Straps For extending your arms allowing better reach, giving support, or offering something to brace against eg , Leg crossover pose, or Posture Clasp.



Also for Binding the body in twists.

Bricks and Wedges These can raise the floor up towards you to make some poses easier eg , placed under hands in Standing Forwards fold or placed under heels in a Squator move the floor further away to make poses harder eg. Under the front foot in a Lunge, under the hands in a Child's pose.

Cushions and Blankets Generally used to make poses more comfortable by offering support under the hips, head or back . Can also be used to prevent discomfort from Compression of the body, eg placed behind the knees in a child's pose or under sensitive /bony spots such as shins, hip bones, knee-caps in some poses if the surface you are working on is hard.

Health Benefits of **Mushrooms**

- * Excellent source of Selenium which is good for the bladder
- * Rich source of Vitamins B2 & B3
- * Improve Immune Function
- * Low in Calories
- * High in Iron
- * High in Antioxidants
- * High in Vitamin D



2 x Workshops this Spring/Summer... 'Partner Yoga' and

'Self Defence'.....More details coming soon.

Have a great Month ..See you in ClassAdele xx

www.yogawithadele.co.uk



<https://www.facebook.com/yogawithadele1>