

Yoga With Adele April 2019 Newsletter



KINETIC CHAIN
ASSESSMENT SPECIALIST

Easter & Bank Holidays

No Yoga Classes on :

Good Friday April 19th

Easter Monday 22nd April

Tues 23rd April

Wed 24th April

Thurs 25th April



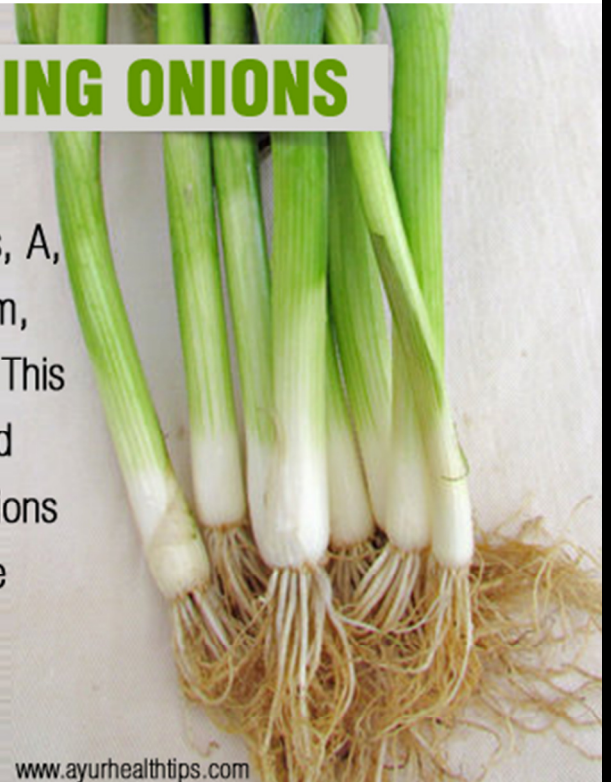
Thurs 2nd May Parish Hall, Market Bosworth, Polling Station

Mon 6th & 27th May Bank Holidays

HEALTH BENEFITS OF SPRING ONIONS

Spring onions contain a good amount of Vitamins, A, B, C and K and also traces of copper, Magnesium, chromium, Phosphorus, Potassium and Sulphur. This is why eating spring onions can control high blood pressure and Chromium present in the spring onions can control diabetes well. The best way of course would be to eat it as a salad!

www.ayurhealthtips.com



Sensory Drill of the Month: 'Proprioception'



Those of you who attend my classes regularly, will already know that as well as working our bodies, we also train our Sensory Systems.

The 'Proprioceptive system' gives our brain a picture of where our body parts are, relative to each other, what direction they are moving, what speed and what kind of forces are upon them and creates a kind of 'Map' that tells our body how to handle those forces.

It gets this information from different type of 'Nerve Receptors' that cover our entire body.

Mechanoreceptors ...detect movement.

Baroreceptors ... detect touch and pressure [lots of these in our hands , feet and tongue]

Chemoreceptors.....detect chemicals ie, PH levels, Oxygen etc

Nocireceptorsdetect pain .

Any reduction in the Proprioceptive input will result in problems with R.O.M, Speed, Strength and Pain levels.

The simplest way to keep this sensory system working is to regularly perform a 'Propriostimulation' or 'Dry Shower' technique using stroking, tapping, scratching , tickling, or slapping as stimulus over the entire surface of the body working from top to bottom .

Have a lovely Easter ..See you in Class ...Adele x