

Pose of the Month : Inclined Plane

[reverse plank]



Strengthens the back, glutes, triceps and thighs, whilst stretching the chest and hip flexors. Try not to 'lock out' the elbows, keep the pelvis neutral to the spine, shoulders away from ears and neck neutral. Hold for as long as you comfortably can in good form.

Class cancellations during May : No classes on :

Bank Holiday Monday 6th & 27th George Ward Centre

Thursday 12.15pm Bosworth classes 2nd & 23rd cancelled due to Polling .

New Class: 'YOGA STRONG'

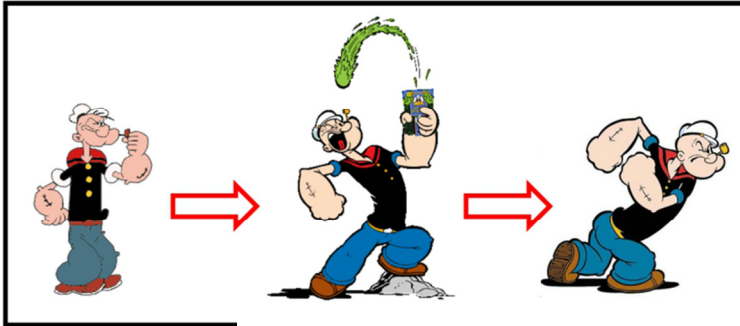
I will be changing my Wed 6.15pm Dadlington class from June 5th to a more "Strength" based class.

This means we will be doing more Bodyweight poses and also using light weights for some of them .

There will still be the usual mobility work at the beginning and we will use deep stretches at the end.



This is ideal for anyone wishing to gain more muscular strength, improve core stability, strengthen weak backs and increase bone density.



Superfood of the month

Spinach

1. Low in calories
2. High in vitamin A
3. High in vitamin K
4. High in magnesium
5. High in fiber
6. Protein source
7. Calcium source
8. Antioxidant source
9. Cancer prevention
10. Lowers blood pressure
11. Lowers cholesterol
12. High folate level
13. Increases brain function
14. Anti-inflammatory
15. Promotes healthy vision
16. Increases circulation
17. Helps immune system
18. Helps fight infection
19. Promotes healthy skin
20. High in flavanoids
21. Vitamin E source
22. Beta-carotene source
23. Zinc source
24. Increases bone density



Care to have some?

Have a Great Month....See you in Class ☺

Adele x



www.yogawithadele.co.uk

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

A strong person is not
the one who doesn't cry.
A strong person is
the one who cries and
sheds tears for a moment,
then gets up and
fights again.

-Author Unknown-



Proud to be a member of
fitpro