



## Yoga With Adele August Newsletter

Pose of the Month : Wide leg forwards fold



KINETIC CHAIN  
ASSESSMENT SPECIALIST



Stretches Hamstrings & inner thighs, an energy boosting- inverted pose.

To modify you can rest on a brick, or place hands to thighs for support.

### August Free T-shirt Offer

Come to any 2 Yoga classes during August and the first 100 people will get a FREE "Yoga With Adele T-Shirt" while stocks last.....

First come first served basis.



Bank Holiday Monday August  
26<sup>th</sup> ...No classes at George  
Ward Centre

## Recipe for Turmeric

### 'Golden Milk':

2 cups of Almond Milk or any  
plant based milk

1 Tsp turmeric

$\frac{1}{2}$  Tsp Cinnamon

1 Tblsp Honey or Maple Syrup

Pinch of Black Pepper [ aids  
absorption ]

Mix all ingredients together well  
in a blender then heat in a pan.

[Not recommended for people on  
blood thinning medication ]

# BENEFITS of TURMERIC

- 1 Fights Inflammation
- 2 Improves Arthritis
- 3 Reduces depression symptoms
- 4 Boosts skin health
- 5 Helps manage diabetes
- 6 Natural pain reliever
- 7 Helps regulate cholesterol
- 8 Natural detoxifier

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## NEW YOGA CLASS

**TUESDAY'S 8PM HEART OF ENGLAND BOXING CLUB,  
BOND ST, HINCKLEY.**

Have a great Month ...See you in Class ..Adele ☺

[www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)



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