



KINETIC CHAIN
ASSESSMENT SPECIALIST

Yoga with Adele July Newsletter

Pose of the Month :Standing Splits



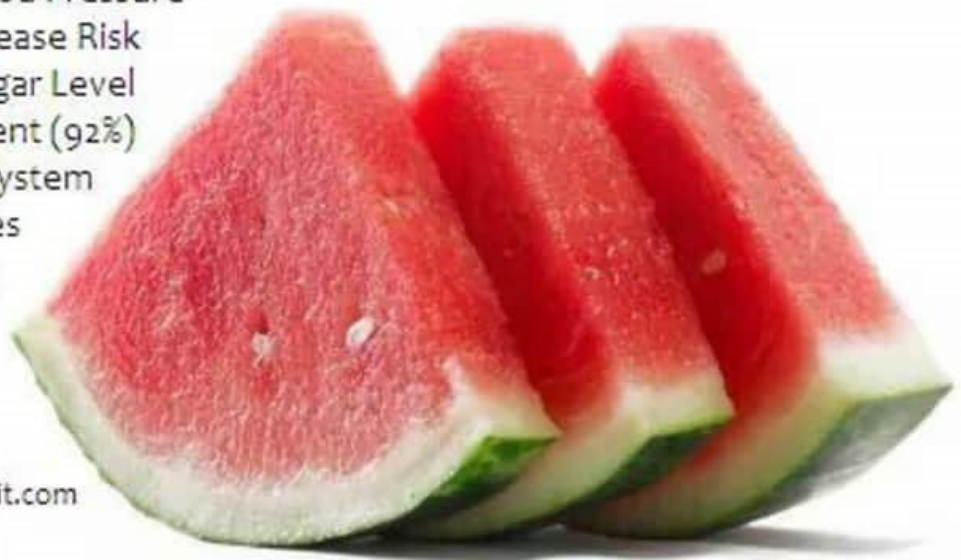
Stretches Hamstrings, Quads and Calves, improves balance, increases circulation to the brain and strengthens the legs and core.

To modify this pose, place your hands a little wider apart and raise the leg only as high as comfortable.

10 Health Benefits of...

Watermelon

1. Highest Alkalising Fruit!
2. Reduces High Blood Pressure
3. Reduce Heart Disease Risk
4. Reduce Blood Sugar Level
5. HIGH Water Content (92%)
6. Boosts Immune System
7. Strengthens Bones
8. Produces Energy
9. Cleans Kidneys
10. Fights Cancer



EatHealthyLiveFit.com

Equipment Amnesty :

It happens to the best of us, we are so chilled at the end of a class we wander off with props and don't realise until we get home. A few pairs of hand weights and several Yoga Straps/Bricks have gone missing over the last few months. If you have accidentally taken them home/ borrowed them, could you please return them to class.

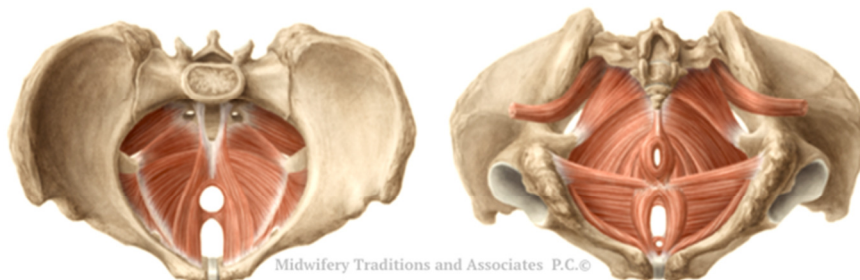
Thank you ☺

What I'm up to this Month :

I am now on my summer break up until Mon 15th

July, so please remember there will be no Yoga classes until then.

However, I am attending another Pelvic Floor 'Training day' while I am off, so hopefully I will have some new ideas and tips when I return .



It's such an important muscle group for both Men & Women to exercise, A strong healthy pelvic floor is linked with reducing lower back & hip pain, reducing incontinence/bladder & bowel problems, better core stability and improves our balance.

Have a great Month ...see you in classAdele xx



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