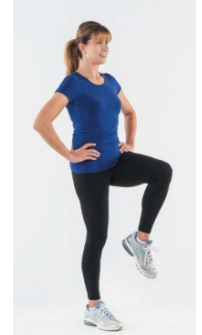


Pose of the month: Single leg standing....



Benefits of single leg balancing include:

1. Improves muscular strength in deep core, pelvic floor and leg muscles.

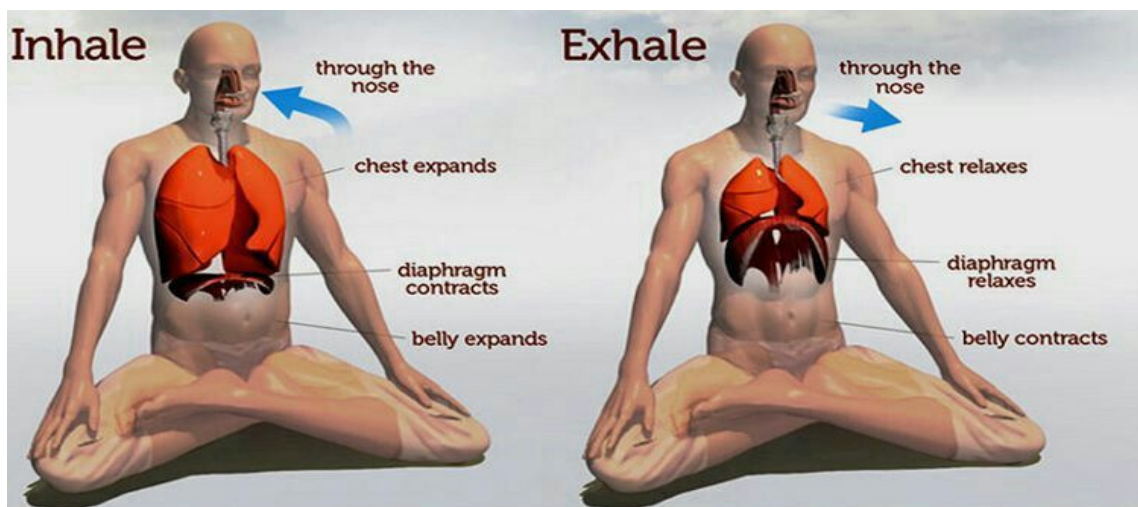


2. Bone Density gains

[Osteoporosis and Osteopenia] 10 seconds = 1 minute marching on the spot 1 minute is = to a 50 min walk



3. Calms and focuses the mind



BENEFITS OF DEEP BREATHING EXERCISES

- Detoxifies And Releases Toxins
- Releases Tension
- Relaxes The Mind/Body And Brings Clarity
- Relieves Pain
- Strengthens The Immune System
- Improves Quality Of The Blood
- Strengthens The Lungs
- Improves Cellular Regeneration
- Elevates Mood



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Photo Competition winners !!

Thank you so much to every one of you who sent in your Yoga pose Holiday pictures, they were all fantastic and it was very difficult choosing the 2 winners but here they are:

Pete in Norway



Mel & Viv in Switzerland



Yoga Class Autumn Timetable

Mon 6.15pm George Ward Barwell

Mon 7.30pm George Ward Barwell

Tues 12 midday Yoga with Weights Sapcote Pavilion

Tues 6.30pm The Stute Earl Shilton

Tues 8pm Heart of England Boxing club [opposite Bond St petrol station]

Wed 6.15pm Yoga with Weights Dadlington Village Hall

Thurs 10am Sharnford Community Centre

Thurs 12.15pm Parish Hall , Market Bosworth

Fri 10am Sapcote Pavilion

All classes £7 Pay as you go / £33 for block of 5 / £60 for block of 10 classes [to be used within 6 or 12 weeks]

Payment can now be made via BACS .

YOGA KIT BAGS :



£17 [rrp £22.99] Message me if you would like to order one.



Have a great month ...See you in class.....Namast'e Adele ☺

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Text/Phone: 07837927227

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