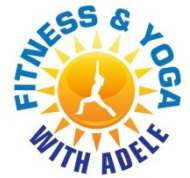




KINETIC CHAIN  
ASSESSMENT SPECIALIST

## Yoga with Adele October Newsletter



### Pose of the month: Easy Cross legged pose



**Benefits :** Opens the hips, groins and stretches inner thighs.

Strengthens the spine.

Stimulates the bladder and pelvic floor.

Stretches knees and ankles.

Modify by sitting on a folded blanket, or cushion to raise the hips.



**Q. What is a Zombies favourite Yoga position ?**

## 10 Health Benefits of... **Pumpkin Seeds**

1. Relieves Insomnia
2. Contains Magnesium
3. Stabilise Blood Sugar
4. High Zinc Content
5. Alkalisng
6. High in Omega-3
7. Good Blood Builder
8. Lower Cholesterol
9. Keeps you Regular
10. Anti-Inflammatory



EatHealthyLiveFit.com

### Yoga Eye Exercises :

Increase circulation to the eyes.

Releases strain from the eye muscles that can cause headaches.

Soothes tired/sore eyes.

Improves focus.



Have a great month ...See you in Class ☺Adele xx



yogawithadele1

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

**A. 'The Decompose' ;-)**

Proud to be a member of  
**fitpro**



# Autumn 2019 Class Timetable

## Mixed level Yoga classes:

Monday 6.15pm & 7.30pm George Ward Centre, Barwell

Tuesday 6.30pm The Stute , Earl Shilton

Tuesday 8pm Heart of England Boxing Club , Bond St , Hinckley.

Thursday 10am Sharnford Youth Club/Community Centre

Thursday 12.15pm Parish Hall ,Market Bosworth

Friday 10am Sapcote Pavilion

## Yoga With Weights classes

Tuesday 12 midday Sapcote Pavilion

Wednesday 6.15pm Dadlington Village Hall

[please bring your own weights, 2 or 3kg dumbbells,  
depending on strength]

All classes are Drop in / £7 'Pay as you go'

or Block cards of £33 for 5 classes [ must be used in 6 weeks]

£60 for 10 classes [ must be used within 12 weeks]

All welcome ...minimum age 14 years old

[ if accompanied by and adult]