

Pose of the Month: Piriformis Stretch



Price Freeze !!

For the 4th year in a row , I am freezing my current prices

[until all this Brexit nonsense has settled at least ;-)]

Pay as you go still £7 per class

10 class block: £60 to be used within 12 weeks

5 class block: £33 to be used within 6 weeks

[Please note: Block cards cannot be shared by 2 people and are non refundable]

{Cash /Cheque or BACS }

Health Benefits of Clementines

*Healthy skin
Good for brain
Immune booster
Strong bones and muscles
Digestive health
Cardiovascular health
Electrolyte balance*



*Equipment Amnesty *

I've just done my yearly 'stock check' and I'm missing a fair few Yoga straps/Blocks/Mats/Spikey mats /Dumbbells and Resistance bands ...I understand it's easy to walk out of class and not realise you have them until you get home, or you may have borrowed stuff and forgotten about it, so if you do have any bits, can you please pop them back to me sometime ☺

[helps me keep my prices down if I don't have to re-stock]

Thank you ☺

Yoga Class Timetable January 2020

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

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

Yoga with Weights classes....

If you've not tried this class format yet, it's a great introduction to strength training and combines Yoga mobility drills with Free Weights and Resistance Bands, to improve muscular strength and bone density.



Bring your own weights...a pair of dumbbells between 1.5kg and 4kg is recommended depending on your strength.

Happy New YearSee you in Class ☺ Adele xx



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