

Pose of the month : Crow

This pose takes patience and perseverance, so practice little and often to build up strength. It is a wonderful pose for increasing upper body strength and bone density in the wrists and forearms. Begin by gradually getting



used to shifting weight into the hands, finding your balance point. Remember to keep the head slightly raised and lift the feet smoothly and slowly whilst bracing the core and mid back.



Sapcote Pavilion will be closed for redecorating on

Tues 25th & Fri 28th so no classes ...sorry 😞

Glute bands link



We've been using these in classes recently and they seem to be proving very popular so if you would like to purchase your own band, here is the link :

https://www.amazon.co.uk/gp/product/B076678H8Q/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1

THE BENEFITS OF COCONUT WATER

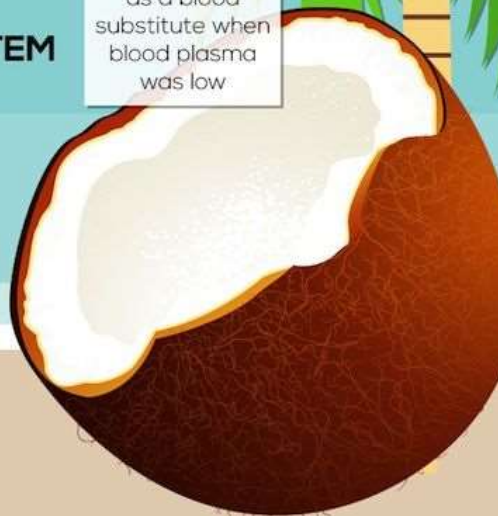


- ▶ MINERALS
- ▶ VITAMINS
- ▶ ELECTROLYTES
- ▶ ALKALIZES SYSTEM
- ▶ AIDS DIGESTION
- ▶ HELPS WITH DIABETES
- ▶ ANTIBACTERIAL
- ▶ ANTIFUNGAL



DID YOU KNOW?

Coconut water was used in the 2nd World War as a blood substitute when blood plasma was low



SAY NO TO PLASTIC!

In a step towards reducing 'Plastic Waste' I have made a decision to stop bringing bottled water to classes.

However, all of the venues do have kitchens, so tap water will be available if you forget to bring a drink.

Have a great month ...See you in Class 😊 Adele x



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