

Yoga with Adele Newsletter May 2020

**Pose of the month: Legs up the Wall.**

A lovely energising, inverted pose to increase circulation and boost energy levels whilst relieving pressure from the legs and lower back.

Use cushions for extra comfort and begin by holding it for a minute then gradually building up the time .



10 Tips for Better Sleep

What can  
**HURT**



Light



Noise



Heat



Alcohol



Caffeine

What can  
**HELP**



Exercise



A consistent sleeping schedule



Melatonin



Magnesium



Lavender

# 10 Health Benefits of... Carrots

1. Improves Skin
2. Improves Digestion
3. Improves Kidney Function
4. Reduces Incidences of Stroke
5. Maintains a Healthy Heart
6. Improves Liver Function
7. Anti-Bacterial & Viral
8. Great for Eye Health
9. Healthy Teeth
10. Anti-Cancer



## Online Yoga Videos

I have added another 13 videos in the last month, so there are now nearly 50 mini workouts on there for you to do at home, while classes are postponed Click Here : [www.youtube.com/user/yogawithadele1](http://www.youtube.com/user/yogawithadele1)

I will keep posting more Videos for FREE for everyone who needs them.

However, several of you have been asking if could pay me something, so I decided to set up a 'Tips Jar ' in the form of a Charity page to raise money for the "Rescue Ranch Animal Sanctuary" .



Thank you so much to those of you who have kindly donated already...it is hugely appreciated.

If you would like to put a few pennies in the 'Tip Jar please go to my

'Just Giving' Page here :

[https://www.justgiving.com/crowdfunding/yogawithadele?utm\\_term=MEYR4kxg6](https://www.justgiving.com/crowdfunding/yogawithadele?utm_term=MEYR4kxg6)

## Staying Active during lockdown

We all know it's important that we try to stay active during this time, but it's also important that we don't get fed up with our exercise and start to see it as a chore.

Since I am not able to teach all my regular Yoga classes, I decided to use this time to mix up my training a little, so I have been doing a bit of running, walking, weight training and I even learnt a dance routine online {just to see if I still had it in me to learn choreography, as it's been many years since I taught Aerobics}

I'd love to hear about how you are all staying active and what new things you have tried ?

## Sciatica: Symptom or condition?

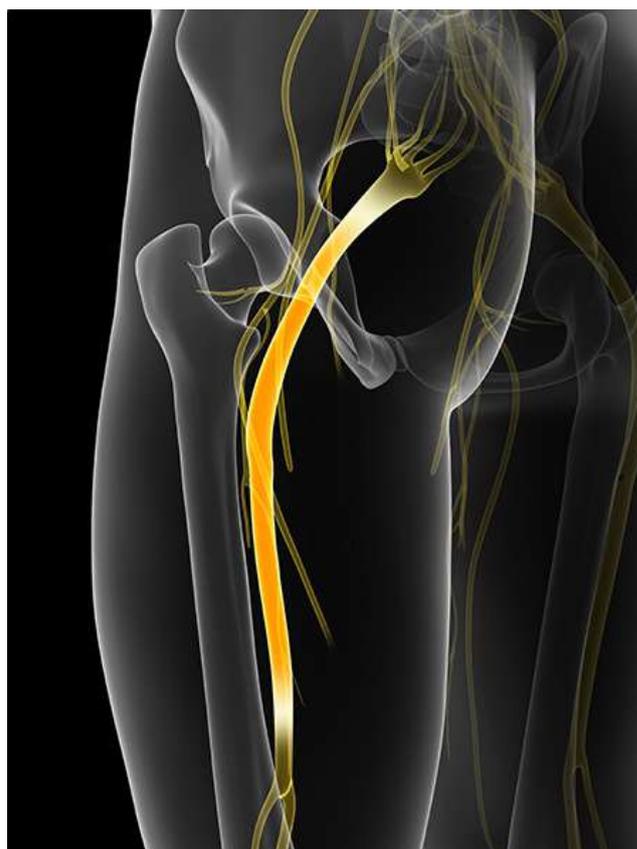
I have also started studying with one of 'Fit Pro's fab online courses, learning all about Sciatica and how to prevent and treat it.

I'm looking forwards to implementing what I'm learning into my classes when we return 😊

*Have a great month .....*

*Stay safe and I'll see you online 😊*

*Adele xx*



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



KINETIC CHAIN