



## Yoga With Adele September Newsletter



KINETIC CHAIN  
ASSESSMENT SPECIALIST

### Pose of the Month : Fish pose



Stretches the front of the body, particularly the throat, chest, abdomen, hip flexors, and intercostals (the muscles between your ribs). It strengthens the upper back muscles and the back of the neck, which improves spinal flexibility and posture.

Also good for strengthening the Respiratory system.

### What to bring to class ?

I would recommend you get the following kit to make the most of your Yoga classes :

Yoga Mat, Yoga Strap & Yoga Brick

[ try Yoga Mad/TK Maxx or Amazon ]



Towel/Blanket to put underneath mats for comfort.

Water/Drink

+ Yoga Weights class :Dumbbells 2kg up to 4kg depending on your strength

**\*\*New Class Alert \*\* Starts Sept 9th**

**Wednesday 6.45pm til 8pm**

**'Yoga With Weights' [ bring your own Dumbbells]**

**George Ward Centre , Barwell**

# **10 Health Benefits Of...** *Green Beans*

- Anti-oxidant
- Anti-aging
- Boosts immunity
- Cardiovascular health
- Protects cell
- Source of Vitamin K
- Source of Vitamin C
- Rich in fibre
- Rich in manganese
- Rich in folate



## Booking system updates

All classes are now pre-book & pre-pay via Gymcatch booking systems. We have had a few minor setbacks as we all get used to it, but the majority of you have found it quick and simple to use, which is great news going forwards.

Here are a few Tips to help with bookings:

1. Booking opens 'exactly' 6 days prior to each class... eg . Mon Barwell class opens 6.45pm the Tuesday before, Thursday Bosworth class, from 12 midday the Friday before etc.

2. Bookings and Cancellations can only be done via the system ...I can't do them for you, as you need to log into the account that you created when you first registered with Gymcatch .

3.If you can't attend a booking, please cancel it online , or it doesn't generate a message for those people who are on a waiting list .

4. If you don't want to risk booking a class, which you may not be able to attend, then you can leave it up to 10mins before the class actually starts before you book it ...that way it is risk free.

5.If you can't book on, it is likely due to that class being fully booked up...add yourself to the Waiting list and you will be notified if anyone cancels. Please make sure you 'Allowed Notifications' when you registered .

The mask I wear to protect  
You recognises the mask you  
wear to protect me



NAMASKE

Even though we are having to 'Social Distance' in class, I still want you to feel you can approach me privately to ask for advice or confide anything to me. So if you do want a quiet chat, then we can still do so, as we can just pop a facemask on 😊

### Cold & Flu Season

Please do not attend class if you have signs of a Cold or Flu.

Even if it is not Covid 19 type symptoms ...the benefits of doing Yoga when you are fighting off any infection, are quite small and you would be better off just resting up or going for a gentle walk in the fresh air. Thank you.

Have a great Month ..See you in Class Adele xx