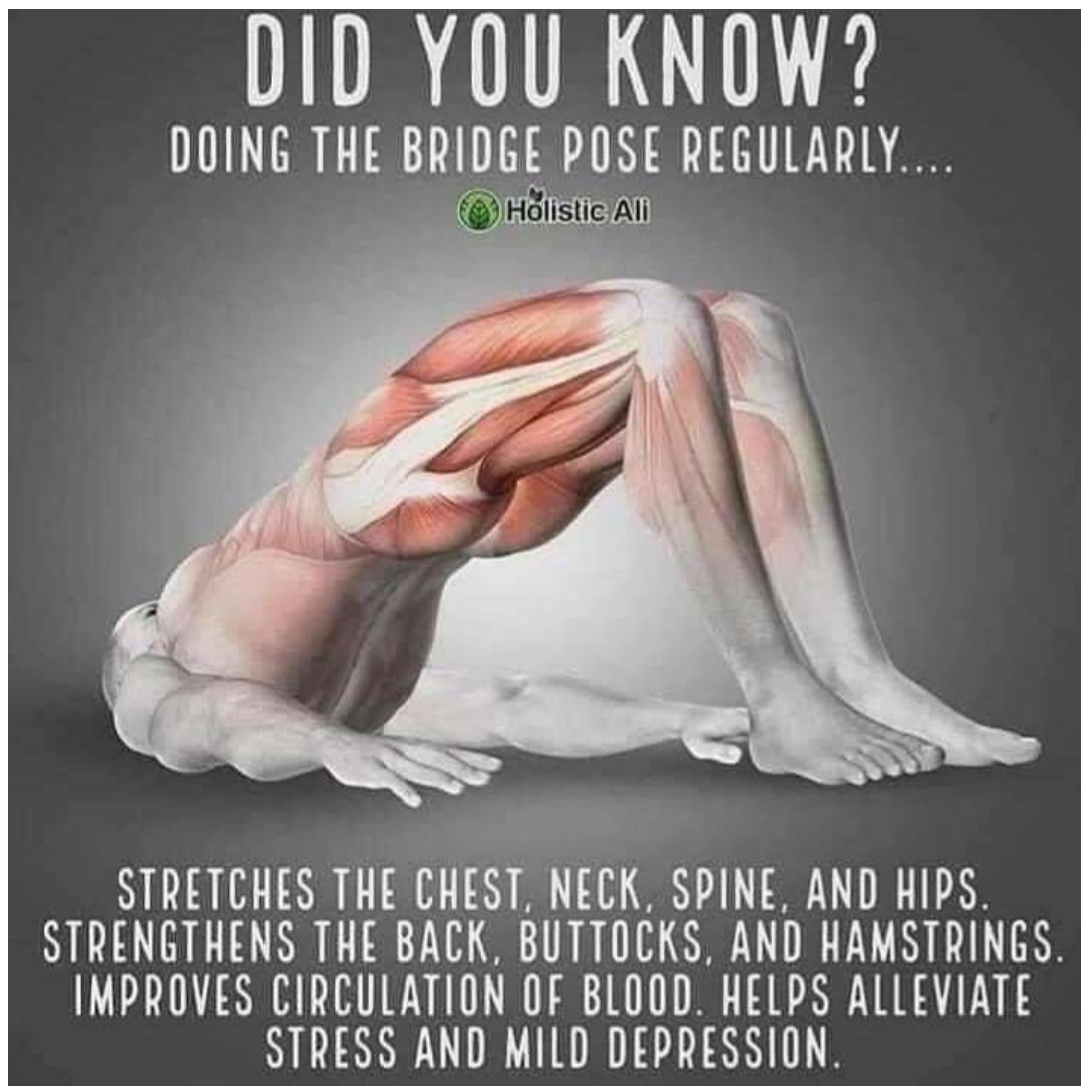


Pose of the Month :



Latest Covid Updates to class:

***Masks now must be worn in Community Centres**

Please wear a face covering when entering and leaving the venues, until you are in our room , where you can then remove it . Thank you.

*** 'Rule of 6' does not currently apply to indoor Yoga classes , so classes will continue as previously with numbers allowing for 2m spacing in all venues.**

***QR Codes are now displayed in all venues for you to use if you have the
NHS 'Track & Trace' App**

***Class booking now opens 24 hours before each class commences. Classes can be booked up to ten minutes before they start.**

Sapcote & Sharnford classes

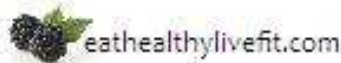
Due to Gas work being carried out, there will be no Sharnford Classes on Thursday or Friday this week.

However I will be running a single class back at Sapcote Pavilion this Friday 2nd Oct at 9.45 am instead.

10 Health Benefits of...

Blackberries

1. Healthy Immunes System
2. Healthy Digestive Tract
3. Assists with Diabetes
4. Cancer Prevention
5. Blood Cleansing
6. Healthy Bones
7. Healthy Heart
8. Healthy Eyes
9. Healthy Skin
10. Antioxidant



New floor markers.



We now have these yellow spots instead of the metal markers. Please place the front left corner of your Yoga mat by the marker as shown here :

Thank you 😊



Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Finally ...I just want to add a Huge 'Thank you' to everyone who has continued to support my classes.

It has been very challenging, but having so many of you wanting to come back to classes, inspires me to keep going ..I'm very lucky to have such wonderful students to teach ☺

Have a great Month ...See you in classAdele xx

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