

Yoga With Adele March Newsletter 2021

Pose of the month: Crocodile Pose

A lovely supported back extension which gently stretches the front body, whilst relaxing the back.

It's really beneficial to do after you have been in a forward flexed position for a long time [for eg] gardening or driving.

Keep your pelvis tucked underneath, your legs rolling outwards and your head supported on your forearms .



Facebook Live Classes in March :

Tues 6.30pm Yoga

Wed 6.30pm Yoga & Weights

Thurs 12 Midday Yoga

Fri 10am Yoga

Follow me on Facebook and you can then either join me as I go Live or watch back at a time to suit you .

These classes are Free to All...but 'Tips' are welcomed.

'Thank you' to everyone who has tipped so far 😊

Click here : [YWA | Facebook](#)



Alzheimer's & Dementia

A condition very close to my heart as both my Mum and Mother-in-Law have this truly awful disease .

Dementia is a condition where our brain no longer functions correctly ,for eg. our memory becomes impaired , we may have difficulty concentrating ,speech and movement can be affected and we become easily disorientated.

Alzheimer's disease is one of the causes of Dementia and it is when certain proteins build up in our brain which cause damage to our brain cells, leading to shrinkage of the brain and decreased function.

The Hippocampus is our brains 'Memory centre ' and is one of the areas often affected first .

However regular exercise can slow down and even help to reverse this damage .

Other things thought to reduce our risk of this disease include :

A 40 min brisk walk 3 x per week.

Learning a new skill.

Being social ...mixing with people.

Diets rich in B12 , Vit D & Vit E.

Have a 'Life purpose' , support a cause you believe in.

Avoid toxins/poisons such as smoking.

Eating a Mediterranean type diet.

More Relaxation 'You time' , as stress shrinks our brain.

Trying not to 'Dwell ' on negative things...let stuff go .

TOP 3 REASONS TO EAT:

Swede

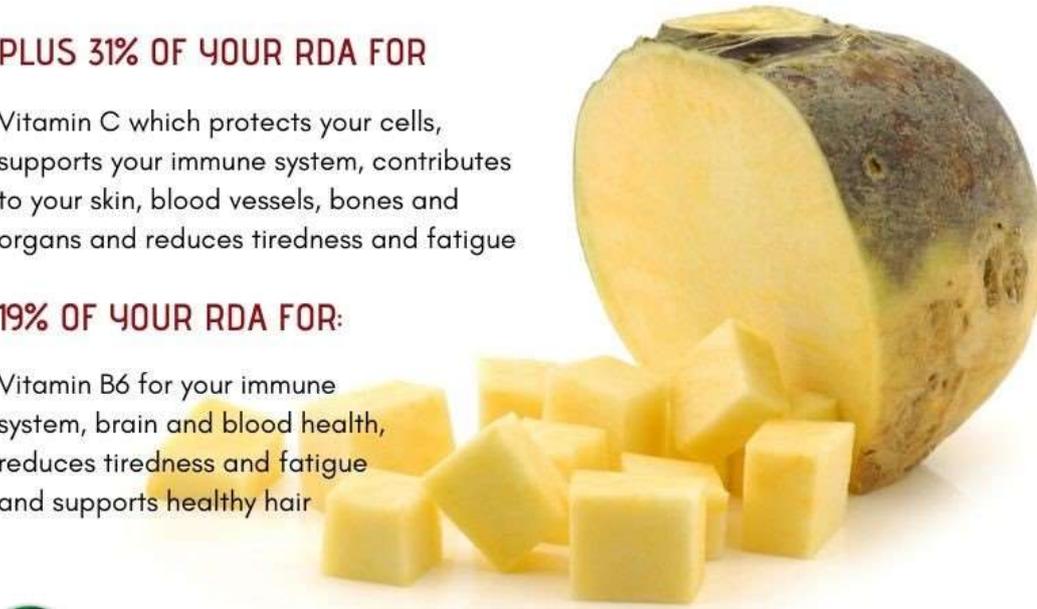
Swede is packed with the phytochemical myricetin which may protect your cells from damage & may offer protection from cancer and diabetes

PLUS 31% OF YOUR RDA FOR

Vitamin C which protects your cells, supports your immune system, contributes to your skin, blood vessels, bones and organs and reduces tiredness and fatigue

19% OF YOUR RDA FOR:

Vitamin B6 for your immune system, brain and blood health, reduces tiredness and fatigue and supports healthy hair



Returning to Class after lockdown

Keeping everything crossed that we will be able to start back to Real life Yoga classes sometime next month.

I'm waiting for information from my insurer 'Fitness Professionals' as to when 'Group Exercise classes' can officially return, but

hopefully it won't be too long before a set date can be tied down.



Have a great month ...'See' you online

Adele xx