



## Yoga With Adele Newsletter September



Pose of the Month : Planks for Core strength



Focus on feeling the 'front body ' supporting you from underneath ..keep the spine long, tailbone tucked under and neck neutral . Hold in good form as long as you can, gradually increasing the time . Don't forget to breathe 😊

## BLACKBERRIES

LOW IN CALORIES · ANTIOXIDANTS · GREAT SOURCE OF FIBER

### *Health benefits of Blackberries*

- Enhance brain function
- Helps blood to clot
- Promotes good oral health
- Relaxes your muscles
- Reduces inflammation
- Loaded with fiber
- Vitamins A, K, C, E, B9
- Minerals: Copper and Manganese





## September Yoga Class Timetable

Mon 10am Yoga & Weights, Dadlington

Mon 6.30pm Yoga, Barwell

Tues 10am Yoga, Sharnford

Wed 6.30pm Yoga/Alternate weeks Yoga  
Weights, Barwell

Thurs 12 midday Yoga, Market Bosworth

Fri 10am Yoga, Sharnford

### 5 Simple Tips for looking after your feet

- 1.** Go barefoot whenever it is safe to do so
- 2.** Don't wear the same footwear every day ..try to mix it up .
- 3.** Get some toe separators and wear them for 10 mins, 2 or 3 times a week .
- 4.** If you wear Flip Flops ..do the 'hairband trick ' for 10 mins when you take them off to stretch your Big Toes back to their correct alignment .
- 5.** Pamper them occasionally ..Before bed soak tired achy feet in a bowl of hot water with a big handful of Epsom Salts for 20 mins and then massage some coconut oil into them and put on some cotton socks, great for healthy toenails too.



A LIFETIME IN NORMAL FOOTWEAR CAN CHANGE  
THE SHAPE OF YOUR FEET.

 VIVOBAREFOOT

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

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