



Yoga With Adele: October Newsletter



Important changes to class payments :

From October, in addition to booking classes via Gymcatch, you will once again be able to drop in /pay cash on the door for all classes.

Unfortunately, due to Covid still being a concern, I must continue to limit spaces.

I'm sure you will appreciate that priority must go to those who have pre-booked & paid online in advance of the class.

Therefore, if you want to guarantee your place in a class , you will still need to pre-book but, if you are happy to pop along and take a chance to see if there is any room, then you are very welcome to do so .

All classes will remain 70 minutes long and the cost will remain £10.

COMPETITION TIME

Win a Private Yoga session with me for yourself and a friend in my new Yoga Cabin!!

Each time you book a class during October via Gymcatch you will get a 'Virtual Raffle Ticket' that will go into a hat.

At the end of the month a draw will take place and the winner and a friend can join me in my new 'Yoga Cabin ' for a Private Yoga session tailored to suit you.



Every class = One raffle ticket, so the more classes you attend the more chances you will have to win.

The winner will be announced on November 1st .

Yoga & Weights Classes... Have you tried it yet ?

After the age of 40 we ALL begin to lose muscle & bone density and so it is vital that we include some form of Weight Training in our fitness regime.

In my weights classes we combine Yoga poses with simple Free weights/ Dumbbells that will give you the following benefits :

10 Reasons Women over 40 should Lift Weights

1. Increase muscle mass
2. Enhance metabolic rate
3. Slow down rate of bone density loss
4. Improve hormonal balance
5. Sleep better
6. Feel more energetic
7. Better health markers
8. Reduce risk of cancer
9. Enhance self confidence and improve body image
10. Increase libido

1 .Boosts Metabolism and increase your energy levels.

2. Build Better Bone Density ...prevent and even reverse Osteoporosis/Osteopenia

3. Improve your Balance & Core Strength

4.Prevent Back pain

5. Using weights in your workout will build lean muscle, which is 'Metabolically active tissue'. This basically means you are actively burning off more calories, even at rest ...so weight training is actually better for Fat loss than Cardio .

6. It is great for Stress relief and improving your mood.

If you are interested in trying these classes, but don't have your own weights, I can lend you a pair for your 1st session .

Yoga & Weights Classes held :

Mon at 10am Dadlington Village Hall

& Every other Wed at 6.30pm Barwell

10 Health Benefits of... Sweet Potato



EatHealthyLiveFit.com

1. Calming for Stomach
2. Anti-Inflammatory
3. Full of Nutrients
4. Healthy Heart
5. Boosts Immunity
6. Rich in Beta-Carotene
7. Good for Lung Functions
8. Detoxifying of Heavy Metals
9. Regulates Blood Sugar Levels
10. Easily Digestible (& Full of Fibre)



Pose of the Month :Tree Pose



Strengthens the legs, core and glutes. Stretches the hips, inner thighs and groins and can help prevent sciatic pain . To modify place the foot below the knee or on the shin ...Do Not place the foot on the knee joint as this may jar the knee...be above or below it .

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

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