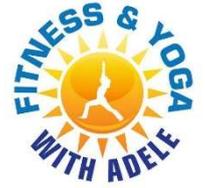




Yoga With Adele December Newsletter



Pose of the Month :

Side Boat pose

This pose strengthens both inner & outer thigh, waist and core muscles. To make it harder, slowly scissor the legs forwards and back, or try to

reach the top arm towards the ceiling.



Christmas Timetable

Last Class will be on Tuesday 21st Dec

Classes will recommence from Tuesday 4th Jan 2022

Natural Ways to help boost your Immune system this winter

1. Vit C & Zinc We can't store this in our bodies for long, so we need to take this daily and try to split into 3 doses over the day. Aim for at least 2000mg per day ...more if you are stressed.
2. Plenty of water 'The Solution to pollution is Dilution'. Water helps our body to naturally 'detox' and also keeps all our other systems working properly.
3. Gut Health 'Good bacteria' in the gut is vital for good immunity ...so eating foods which encourage this to flourish, such as Sweet Potatoes & Sauerkraut ,or having a Probiotic drink/supplement [Sainsburys now do a really nice Vegan Dark Chocolate flavoured one in the yoghurt aisle]
4. Fresh Air Try to get outside for at least an hour every day, but also open windows to refresh the air circulating around your home.
5. Plenty of Sleep Aim for at least 6 -8 hours per night....more if you can .

We all know how Citrus fruits are a rich source of Vit C, but did you know these little seasonal oranges also contain many more benefits :

Health Benefits of Clementines

Healthy skin

Good for brain

Immune booster

Strong bones and muscles

Digestive health

Cardiovascular health

Electrolyte balance



HEALTH BENEFITS OF TANGERINE



1. Good Antioxidants
2. Helps in digestion
3. Removes constipation
4. Lowers Cholesterol
5. Good for Skin
6. Fights Arthritis
7. Good for eyesight
- . Helps in hair growth

Yoga Classes Online

If you need your Yoga fix over the Christmas break there are still loads of Free online Yoga Classes you can do at home on my YouTube Channel .

And I may even do a New Live Streamed Yoga Class during the holidays 😊 so if you 'Subscribe' to my Channel you can then join me Live from the comfort of your home.

<https://www.youtube.com/user/yogawithadele1/videos>



Have a wonderful Month ...

See you in Class ... Adele **