



Yoga with Adele Newsletter  
January 2022



## Pose of the month: Cow Face Pose



I'll admit this has always been one of my least favourite Yoga poses ...I've always found it 'uncomfortable' to say the least, but, it is very good for improving hip and shoulder mobility ,so I shall make it a personal challenge to try and improve this year 😊

## 10 Health Benefits of... Persimmons

1. Reduce High Blood Pressure
2. Maintains Healthy Skin
3. Prevents Colds & Flues
4. Good for Quick Energy
5. Great Natural Laxative
6. Beneficial for Diabetes
7. Rich in Anti-Oxidants
8. Fights Stress
9. Detoxifier
10. Diuretic



EatHealthyLiveFit.com

**All Yoga classes start back from Tues 4<sup>th</sup> Jan**

**Online booking via GymCatch ...click below to register :**

**<https://gymcatch.com/app/provider/2004>**

# Yoga Class Timetable January 2022

Mon 10am Dadlington Yoga & Weights

Mon 6.30pm Barwell Yoga

Tues 10am Sharnford Yoga

Wed 6.30pm Barwell Yoga Weights/Yoga Alternate weeks

Thurs 12 Midday Market Bosworth Yoga

Fri 10am Sharnford Yoga

## The 'Dopamine Dip' effect

January can be quite a difficult month for many of us, due partly to the cold weather, long dark nights and lack of sunshine, but also due to the sudden withdrawal of one of our feelgood chemicals 'Dopamine'.



The big build up to the festive season, means that those who enjoy celebrating Christmas begin to get a small 'hit' of Dopamine every time they think about it. This can start as early as September, when the shops begin to put up their displays and we start to plan for the big day.

The problem arises the days after Christmas when all of a sudden we no longer get the Dopamine hit we have got so used to, leaving us feeling deflated and low.

So...what can we do about this ?

Exercising for just 20 minutes, produces a similar endorphin release and gives us that feelgood effect and can be a great way to get you out of a Dopamine Dip whilst also improving your energy levels and sleep quality.

Think of it as your daily top up for your mood levels and try to pick a form of exercise you actually enjoy doing, so look forwards to, rather than seeing it as a 'chore' 😊

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