



Pose of the Month : Side Boat / Leg raises

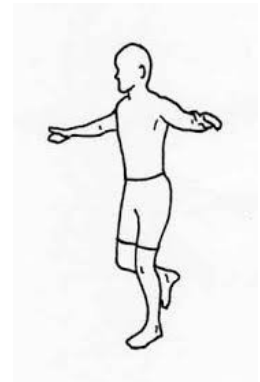


Check that your shoulders, hips, knees and ankles are stacked on top of each other and your body is straight. This pose strengthens the core and side lines of the body. To modify, use your top

hand to steady yourself. To make this more challenging reach the top arm upwards and try to slowly 'scissor' the legs back and forth.

Benefits of practicing single leg balancing daily.

- 1.Improves Bone Density
- 2.Strengthens our deep core muscles
- 3.Reduces the chance of falls in later life
- 4.Can help calm our mind as we focus on our body
- 5.Improves posture & body awareness



So how long should we be able to stand on one leg for?

Under age 40 yrs 45 seconds eyes open & 15 seconds eyes shut

Age 40-50yrs :42 seconds eyes open & 13 seconds eyes shut

Age 50 to 60 yrs: 40 seconds eyes open & seconds eyes shut

Age 60 -70yrs : 32 seconds eyes open & 4 seconds eyes shut

Age 70 to 80 22 seconds eyes open & 3 seconds eyes shut



10 Health Benefits of... Carrots

1. Improves Skin
2. Improves Digestion
3. Improves Kidney Function
4. Reduces Incidences of Stroke
5. Maintains a Healthy Heart
6. Improves Liver Function
7. Anti-Bacterial & Viral
8. Great for Eye Health
9. Healthy Teeth
10. Anti-Cancer



Simple Sun Salutation Sequence:



Mountain * Back bend
* Fwd Fold * R. leg
lunge * Plank * Cobra *
Downwards Dog * L. leg
Lunge * Fwd Fold *
Back bend * Mountain

Repeat .

Have a great month... See you in Class 😊 ...Adele xx

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