

## Yoga With Adele January Newsletter 2023

### Pose of the month : Crescent Moon Side Bend

A lovely lateral stretch. Try to keep your feet and thighs pressed together and fingers interlaced, then lift up and over to create length and stretch. To modify, this can be done as a seated pose in a chair.



### Yoga Classes 2023

Due to heating repairs at the hall, the Sharnford classes will now start back from Tuesday 10<sup>th</sup> January .

All other classes start back from Wed 4th January .

Because January & February can be busy months for classes and I want to try and ensure all my regular users get their space which is why I have implemented a few rules for booking.

1. Please remember that once booked, classes are non - refundable /non-transferable, [ except in exceptional circumstances] so please make sure you are able to attend before securing a place. Remember, you can leave it right up until 15 mins before the class starts, to book on.
2. Booking opens 24 hours prior to start time and due to limited numbers spaces are on a first come first served basis.
3. If you book a space and then cannot attend PLEASE can you cancel via Gymcatch A.S.A.P so your space can then be offered to someone else. I cannot cancel it for you. Thank You.

## Detox ? Yes or No ?

My thoughts on this are that we don't actually NEED to detox. Our liver and kidneys are perfectly designed to rid our bodies of excess toxins if we have overindulged.

However, if it makes you feel better mentally to do some kind of detox, then try these simple tips:

1. Drink more Water. Aim for at least 1.5 litres per day for at least a week.
2. Add probiotics & fermenting foods to help increase the good bacteria in our guts.
3. Increase fibre intake eg: Bran flakes/ Prune juice/ Oats/ Wholegrain etc.
4. Add more fresh fruit and veg to naturally increase vitamins and minerals .
5. Cut out all refined sugar and flour for a few weeks.



Have a great month

See you in class Adele xx

[www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)