



Yoga With Adele Newsletter December 2022

Pose of the Month : Camel Pose



A lovely back bend which also opens the hips & chest. To modify this pose you can use Yoga bricks under your hands . Try to keep your neck neutral and your pelvis in a posterior tilt.

As a 'Thank You' to all of my wonderful Yoga students for supporting me this year, you will each get a FREE Shopper bag. These are ECO friendly, Recycled, Organic Cotton, Fairtrade bags.

All you have to do is attend any Yoga class between Dec 5th and 20th to receive your bag. [While Stocks last]



Christmas Yoga Dates

Last class will be on Tuesday 20th December

All classes re-start from Tuesday 3rd January 2023



*Wishing you all a lovely
Christmas & a Happy
Healthy 2023*

10 Health Benefits of...

Parshnip



1. Diuretic
2. Anti-Cancer
3. Healthy Heart
4. Great Source of Fibre
5. Improve Bowel Health
6. Healthy Teeth & Bones
7. Healthy Blood Pressure
8. Reduce Type 2. Diabetes Risk
9. Regulates Immune Response
10. Support Kidney & Spleen Function



EatHealthyLiveFit.com

December Yoga Pose challenge:

Instead of opening an Advent Calendar this year, I challenge you to do at least 1 minute of your favourite Yoga poses every day for the 25 days leading up to Christmas.



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

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