



Yoga With Adele Spring, March & April Newsletter 2023

Pose of the Month: Prone Spinal Twists

This move stretches the spine, chest and shoulders, move slowly and smoothly from one side to the other 5 x then hold for 15 -20 seconds on each side.



Chocolate Chia Pudding recipe :

This simple recipe is rich in fibre, magnesium, protein and heart healthy omega fats and it's delicious.

2 Tblsp Chia Seeds

150ml Plant milk

1 Tblsp Cocoa powder

Vanilla essence or paste

Maple Syrup/ Agave Nectar to sweeten

Place all ingredients in a jar or glass and shake or stir well.

Chill overnight shake/stir again in the morning and enjoy 😊



Charity Fundraiser for the Earthquake Appeal

There are just 3 remaining spaces on this Yoga fundraiser:

Sun 5th March,

10am til 12 Midday , Barwell,

£20 per person

All proceeds going to D.E.C. to help those in Turkey & Syria .

A simple 2 hour Yoga class to set you up for a chilled out Sunday

Booking Via Gymcatch only.

Easter Holiday Dates

No Yoga classes on the following days:

April :Fri 7th Mon 10th Tues 11th Wed 12th Thurs 13th

What's your favourite
yoga pose??



Finally.....

I would love to know what your favourite Yoga pose is, so I'm compiling a 'Top 3' list and all suggestions will be included in classes over the next few weeks. Please send me an email ,or message letting me know which pose you love to do the most.

Have a great Month

See you in Class ..Adele xx

Website : www.yogawithadele.co.uk



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