



## Yoga with Adele Newsletter April 2023

### Your Favourite Yoga Poses:

Thank you to all of you who sent me your favourite pose. I shall include the following ones in classes more often 😊

Joint 1<sup>st</sup> place : **Half Moon pose & Bow**

Joint 2nd: **Plow, Hero & Crow**

Other popular ones were : **Pigeon, Shoulder stand, Sun & Moon Salutations, Twisting poses, Downwards Dog.**

## BENEFITS OF FLAX SEEDS

- Great source of Omega-3
  - Mood enhancing
  - Great source of fiber
  - Antioxidant rich
  - Healthy heart
  - Lowers blood pressure
  - Healthy joints
  - Healthy digestion
  - Healthy hair
  - Smoother skin
  - Weight control
  - Anti-aging
  - Richest known source of lignans
  - Healthy hormone balance
  - Anti-inflammatory
  - Immune boosting
- 
- GHC

### 1 Minute Daily Pelvic Floor exercise

Take a deep breath into your belly, then as you exhale, slowly draw upwards on your Tail, Pubic & Sit Bones, then relax. Rpt.8x

## Pose of the month : Hare pose

This pose stretches the neck and spine, increases O<sub>2</sub> to the brain

and calms the mind. Use a blanket under your head to make it more comfortable. Move out of the pose slowly.



### Photo Competition

I shall be running my yearly 'Yoga Holiday Photos Competition' this summer, so send in your Yoga pics on your travels. Whether it's a 'Crow pose in Croatia', 'Pigeon pose in Peru', or 'Warrior pose in Wales'. The winning entry will receive 2 free Yoga classes.

You have until September 30<sup>th</sup> to get your pics in.

**Grand Total for our EarthQuake Charity Fundraiser last month, with Gift Aid = £1,000.**

**Well done to everyone who helped raise such a great amount.**

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