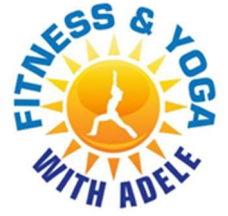


Yoga With Adele August Newsletter



Pose of the Month: Horse pose/Goddess pose

A pose which stretches the hips, groins and thighs whilst strengthening the core and buttocks. Try to keep the spine straight, chest lifted, tail bone tucked under and knees over your ankles.



Do you want a NEW class ?

'Step & Yoga' ?



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So, this is an idea I have been toying with for a few years now, as I used to teach Step many years ago and I genuinely loved it as a form of Cardio exercise. I think combining it with Yoga moves will make it a really great, all round workout. If it goes ahead, I aim to start in September on Thursdays 6.30pm at the George Ward , Barwell.

However, I need at least 10 people to commit to this class to make it viable, so please let me know if you would attend ?

This will be a 1 hour class and the format will be :

10 mins of Mobility /Warm up

25-30 mins of Step Aerobics

20-25 mins Yoga poses/Cool down stretches

Cost will be £10 per class .

FREE 'Yoga With Adele ' T-Shirt offer

Colour : Chocolate Brown with Yellow Logo

If you regularly attend my classes then you already qualify for a free T-shirt.

Simply attend a class during August to get yours .

If you are new to class, or have not been for a few months, then simply attend just 2 classes to get yours .

[While stocks last 1st 100 customers]



8 BENEFITS OF DRINKING WATER

- Better Skin, Hair, and Nails
- Weight Loss
- Improved Digestion and Waste Removal
- Enhanced Brain Functioning
- Brain and Spinal Cord Protection
- Better Blood Flow and More Oxygen
- Keeps Kidneys Functioning
- Better Mood and Less Stress



Summer Yoga Photo Competition

Send me your Yoga Pics before September 1st and the best 2 entries each win 2 FREE Yoga Classes and a goody bag.

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

www.facebook.com/yogawithadele1

