

## Yoga With Adele September Newsletter 2023

Pose of the month : 'Standing Splits'



Stretches the hamstrings and hips, strengthens the core and glutes . To modify this pose take your hands wider and further forwards from the supporting leg to create a three point base. As you gain confidence you can begin to walk your hands inwards until you can hold onto your ankle. Lift your back leg up as high as you can and let your head hang down to lengthen your neck .

### Yoga pose Photo competition winners

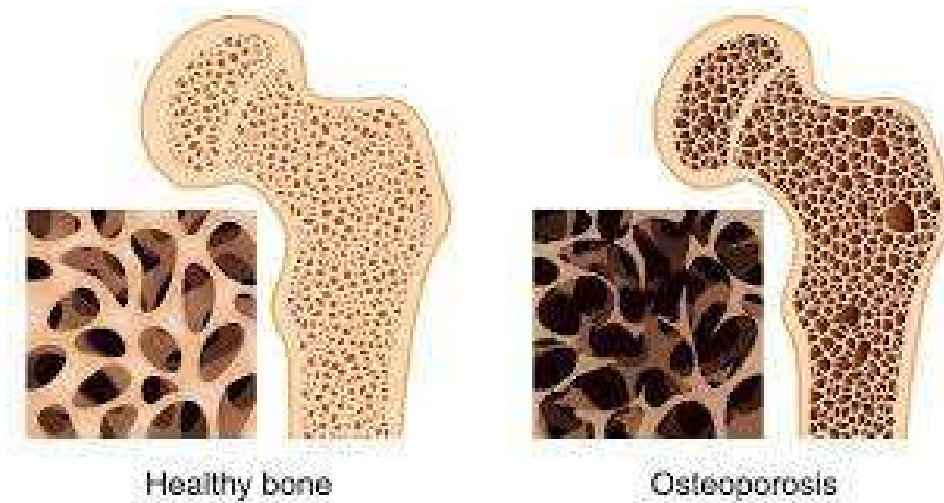
Clare in India doing Lotus pose by a Lotus pond

Beccy in Scotland doing Reverse Boat pose in a Boat



All other entries received will win a small goody bag 😊

Due to low interest, the Thursday evening Step & Yoga class will not be happening this year ...I'll maybe try again in 2024 . I will keep you posted.



## Osteoporosis

### 3 Things we can do to increase our Bone Density and prevent it decreasing further

1. To maintain your current level of bone density you need to spend a **MINIMUM** of 4 hours accumulated over every 24 hour period in an 'Upright position. This can include standing still, walking, running ,dancing etc , but any less than 4 hours and your bones begin to lose density.
2. Lift weights at least once per week or do more 'body weight' bearing impact exercises, such as rope skipping, hopping , star jumps , planks, box movements.
3. Make sure you get plenty of Vit D either through diet & supplements or daily exposure to the sun for 20 mins with no sunscreen and at least one quarter of your skin exposed [ avoid doing this when the sun is at it's strongest if you burn easily] .



**Elderberry Syrup** I just made this and it's delicious and so good for you.

Here's the recipe : [www.bbcgoodfood.com/recipes/elderberry-syrup](http://www.bbcgoodfood.com/recipes/elderberry-syrup)

### **Yoga Classes...a few little reminders....**

Please try to arrive on time for classes, otherwise you may miss important information or updates given out at the beginning of the class.

Please try to remember to turn your phones to silent before we start.

With some classes now at full capacity, I ask that if you can't make your booking, please try to cancel it A.S.A.P via Gymcatch to free up the space so someone else can book on. Thank you 😊

**Have a great month ...see you in Class ....Adele xx**