

Yoga with Adele Newsletter May/June 2024

Pose of the Month : Piriformis stretch

To help ease or prevent symptoms of Sciatica try to hold this stretch for at least 15 -20 seconds .To increase the stretch you can straighten out the leg you are holding on to or do the same position up against a wall .



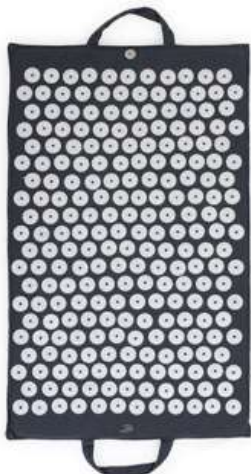
Market Bosworth Thursday Class: New Start Time

From June this class will start at the earlier time of

11.30am until 12.40pm

Yoga Photo Competition

Get your holiday Yoga pics in by September 30th and the best x 2 entries will each win a fabulous Shiatsu Acupressure Spiky Mat worth £25



Summer Holiday Dates

No Classes on Bank Holiday Monday 27th May or August 26th.

I am also taking a 3 week Summer break this year, so the last class will be on Fri 28th June, with all classes restarting on Mon 22nd July .

10 Health Benefits of...

Leek

1. Lower & Control Blood Pressure
2. Eliminates Uric Acid in Gout
3. Lowers Cholesterol Levels
4. Healthy Nervous System
5. Cleanses & Purifies Body
6. Assists with Anaemia
7. Contains Pre-Biotic*
8. Anti-inflammatory
9. Aphrodisiac
10. Diuretic



*an ideal food source for certain types of bacteria (like Bifidobacteria and Lactobacilli)

EatHealthyLiveFit.com

Have a great month , See you in Class . Adele xx

www.yogawithadele.co.uk

Proud to be a member of
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Fitness & Yoga With Adele :

Class Timetable Summer 2024 :

Mon 10am ,50+ Functional Fitness class ..George
Ward Centre, Barwell

Mon 6.30pm YOGA, George Ward Centre , Barwell

Tues 10am YOGA, Sharnford Community Centre

Wed 5.50pm STEP Aerobics, 30 min class, George
Ward Centre, Barwell.

Wed 6.30pm YOGA & Yoga with Weights on
alternating weeks ,George Ward Centre, Barwell

Thurs 11.30am YOGA, Parish Hall, Market Bosworth

Fri 10 am YOGA, Sharnford Community Centre

