



Yoga With Adele December Newsletter 2024

Yoga Pose of the Month : Standing Splits pose

A Deep stretch for your hamstrings, this pose also builds better balance for core and leg strength. To modify you can place Yoga bricks under your hands.



Foods that help to boost our immune system

For Vit C : Bell Peppers, Kiwis, Strawberries, Citrus , Melon

For Zinc : Dates, Pumpkin seeds, Cashews, Mackerel

For Magnesium : Almonds, Dark Chocolate, Edamame beans,
Leeks, Spinach , Chia Seeds.

For Vit D : Mushrooms, Avocado, Carrots, Apricots

Christmas Holiday Dates

Last Classes will be on Friday 20th December.

We restart from Fri 3rd January 2025.

*FREE * Yoga With Adele 'Bumbag'

To get your hands on one of these useful little bags, all you need to do is attend at least 2 Yoga classes between Monday 2nd and Fri 20th December.



WAGS gloves ...UK stockist : www.yogastudiostore.com

<https://www.yogastudiostore.com/products/wags-ultra-gloves?variant=39698722783424>

Yoga Class Timetable December

Mon 10am , Barwell, 50 + Functional Fitness

Mon 6.30pm Barwell, Yoga

Tues 10am Sharnford, Yoga

Wed 6.30pm Barwell, Yoga / Yoga Weights alternating weeks

Thurs 11.30am Market Bosworth, Yoga

Fri 10am Sharnford, Yoga

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

www.yogawithadele.co.uk

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