



Yoga With Adele February Newsletter 2025

Pose of the Month: Stargazer pose



A lovely back bend which stretches our hip flexors, abs & chest.
To modify the pose simply place your hands into the small of your back.

To advance the pose you can add a forwards fold.

5 simple foods which are great for our Gut health



Asparagus

Onions

Sweet

Potato

Avocados

Berries

Upcoming events :



'Falls' Seminar

The fact is, we will all have falls at some point in our life, it's inevitable and not something we can really prevent without a crystal ball, however what we can do is reduce how much damage it causes to our bodies .

During this sit down event I will be sharing information on how to 'Bullet proof' our bodies in the event of a fall, reducing the chance of serious injury.

I will teach you simple functional tests, exercises and nutrition tips to help build a more resilient body as we age .

I would highly recommend bringing a notepad and pen so you can make notes as you go along.

Friday 21st Feb at the George Ward Centre, Barwell.

Start time 7pm until approx 8-8.30pm

£10 per person, Booking Via Gymcatch

Sunday 'Yoga Chill' Fundraising Workshop

Join me for this 2 hour class focusing on mobility & balance, breath work, sensory drills, restorative poses, cognitive function and more.

Sunday April 6th 10am til 12 midday

Cost is £20 ALL money raised for Sharnford Community Centre

Have a great Month , See you in Class Adele xx