



## Yoga with Adele March Newsletter



### Exercise of the month 'Jumps'

Whether it's a Star Jump, a full Tuck jump or simple low impact 'Bouncing' on the spot, the impact of our full body weight going through our skeleton is a great way to improve and maintain our Bone Density. Start with low impact and gradually build up the intensity over a few months.

### Yoga Fundraiser



2 Hour Workshop to Stretch,  
Restore & Relax mind and body.

This workshop will include gentle  
Yoga poses, Breathing techniques,  
Sensory system exercises and  
more, leaving you feeling relaxed and recharged.

*Sunday 6<sup>th</sup> April , 10am til 12 Middy*

*Sharnford Community Hall    £25 per person*

All the money raised will go to Sharnford Community Hall to help  
towards their running costs .

Just 18 spaces available. Contact Adele to book your space,

## Prunes: A Superfood for Bones

Rich in Polyphenolic compounds as well as Boron, Vit K, which help to stabilise Vit D, improve Oestrogen availability and reduces Calcium loss. All things which prevent bone breakdown,



Both short-term and long-term clinical studies have shown that 100 grams of prunes (which is equal to 6 to 8 dried prunes per day) is the most effective food in terms of reducing bone loss and preventing bone loss.

### Holiday Dates : Spring 2025

*No classes on the following dates :*

**Tuesday 11<sup>th</sup> March**

**Easter Break from: Fri 18<sup>th</sup> until Thurs 24<sup>th</sup> April**

**Thurs May 1<sup>st</sup> due to Polling**

**Bank Holiday Monday: May 26<sup>th</sup>**

Have a great month , See you in Class ☺

Adele xx

**Website :** [www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)



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