

Yoga With Adele May/June Newsletter

Pose of the Month:

Reclined 'Big Toe hold'

This is a very simple but effective Calf & Hamstring stretch



If you struggle to reach your

big toe you can use a Yoga Strap around the ball of the foot.

To modify, you can keep the other leg bent with your foot on the floor.

Summer Class Timetable

Mon 10am, Barwell, 50 + Functional Fitness. [you will need a Yoga Mat, a pair of Hand weights and a Towel for this class.]

Mon 6.30pm Barwell, Yoga

Tues 10am Sharnford , Yoga.

Wed 10am Stapleton, Yoga / Yoga with Weights alternating

Wed 6.30pm Barwell, Yoga / Yoga with Weights alternating

Fri 10am Sharnford Yoga

Summer Holiday dates: No classes on :

Bank Holiday: Monday May 26th

2 week Summer break: from June 28th until July 13th

Bank Holiday: Monday August 25th

Muscle Cramps !!

We all get them and they can be pretty excruciating when we do, so here are a few tips for preventing them :



1. Stay hydrated, especially before and after exercise, at least 1.5 litres of fluids per day.
2. The following all play a vital role in how our muscles perform so make sure you are getting enough:

Magnesium=Dark leafy veg, Almonds, Dark Chocolate,

Potassium=Bananas, Sweet potatoes, Avocados

Calcium=Broccoli, Tofu, Sardines/Mackerel

Olives Contain all 3 of these important minerals !

Health Benefits of Olives

Rich Source of Minerals

Protects against cancer

Reduce Pain in Heart

Cures ulcers

Rich Source of Iron

Treatment of inflammatory Problems

Prevents Accumulation of Bad Cholesterol



3. Massage the muscles prone to cramps as this stimulates circulation and encourages better nerve function .

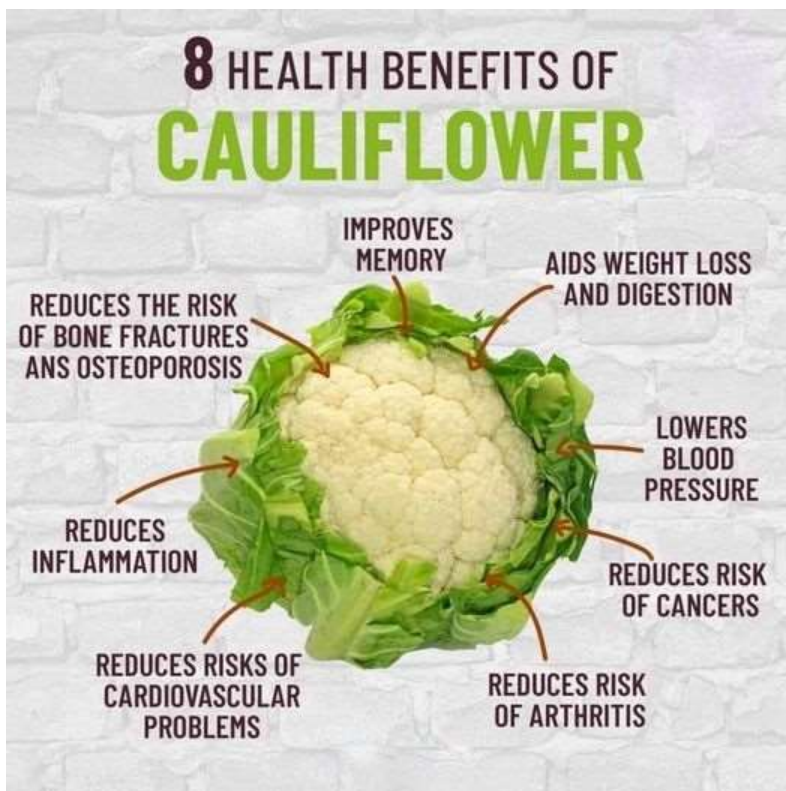
Cramps are basically a 'Misfire 'of muscles working against each other rather than with each other .

4. Make sure you are properly warmed up before any deep stretches or intense exercise. Cramps are often triggered doing a 'New' move or stretch so ease your body into it .

Yoga Class Etiquette

A few requests to ensure everyone gets the best experience from our Yoga Classes:

1. Please try to arrive at least 5 mins before, so we can all be ready to start on time. Often important information is given out at the beginning. I do realise sometimes this is not possible with the traffic problems around the area.
2. These are group sessions and whilst questions are welcomed, please ask them either before, or after class, so as not to interrupt everyone else's class time [ps. I don't mind you taking up mine 😊]
3. Please don't come to class if you have a contagious cough or virus that you could pass on to everyone else. It is far better for you to stay home, rest up, take Vit C & Zinc, lots of fluids and we'll see you when you are better 😊



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

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