



Yoga With Adele Summer Newsletter

Top 5 Yoga Poses for better posture

These poses target those areas that often become short and tight due to sitting or slouching.

1. Lunge with Chest expansion
2. Corpse pose with deep breathing
3. Bridge
4. Cobra
5. Seated Twists



Class Timetable Summer/Autumn 2025

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 weights alternate weeks

Wed 6.30pm Barwell, Yoga / Yoga & Weights Alt. weeks

Please note : Market Bosworth class is now permanently cancelled .

Fri 10am Sharnford Yoga

No Classes on Bank Holiday Monday 25th August

What is your preferred type of Fitness class ?

1.Yoga

2.Yoga with Weights

3.Step Aerobics

4.Functional Fitness for over 50's

5.Something new eg. Circuit Training or Relaxation class

Please let me know what you like, as some classes are much busier than others.

Dependent on interest I might make a few adjustments to the timetable next year.

Thanks 😊



Finally.....

This year is a Milestone Anniversary for 'Yoga with Adele Classes' so I have a small 'Thank You' planned for all of my wonderful students who have continued to support me .

All will be revealed week commencing August 11th !! 😊

Have a great Summer , See you in Class,

Adele 😊

www.yogawithadele.co.uk

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