



Yoga with Adele Newsletter June 2019



KINETIC CHAIN
ASSESSMENT SPECIALIST

Pose of the month: Tree pose



To modify this pose you can place the foot to the ankle or calf...however do not place foot onto the knee or it is likely you will lock out the joint, so try to be above or below. Keep the pelvis tucked, standing knee soft and chest lifted from belly. Try to spread the weight through the foot and keep the ankle centred.

It can also be done from a reclined position so you get the stretch of the pose, but without the balance .

Summer Holiday Dates

No classes from Monday July 1st until Monday 15th as I will be on my 2 week Summer break 😊 .

****Holiday Snaps Competition****



Send me in your best Yoga pose whilst on your Summer hol's and the 2 best entries will each receive a Free 5 x Class pass worth £33

Here is last years winner and runner up pics from Jess and Sue.



Entries close on Sept 1st 2019

Yoga with Weights classes

From June I will be introducing this new format during the Wednesdays 6.15pm Dadlington / Tuesdays 12 midday Sapcote classes , to see how it goes.

It will be the usual 'Drop in /Pay as you go class , but please bring a pair of hand weights with you if you have them. [TK Maxx /Aldi /Argos all sell them]



I would recommend between a 1kg and 4 kg depending on your strength] Neoprene weights are my preference, as they are comfortable to grip and safe if you get sweaty palms [vinyl ones tend to become a bit slippery] I do have a few pairs of weights , in various sizes to borrow , or 2 small water bottles would work also.

BENEFITS OF DRINKING COCONUT WATER

- ▶ Reduces risk of kidney stones
- ▶ Reduces food cravings
- ▶ Full of enzymes to aid in digestion
- ▶ Kills intestinal worms
- ▶ Cools the body
- ▶ Soothes urinary tract infections
- ▶ Contains calcium, potassium, manganese and magnesium
- ▶ Full of electrolytes
- ▶ Boosts metabolism
- ▶ Aids in weight loss
- ▶ Reduces risk of kidney stones



Have a great month, see you in class ..Adele xx



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