



Yoga with Adele December Newsletter



KINETIC CHAIN
ASSESSMENT SPECIALIST

Christmas Dates : Last classes:

There is no 12.15pm Bosworth Class on Election Day 12th Dec

Mon. 16th Dec, 6.15pm 7.30pm, Barwell ...restarts Mon 6th Jan

Tues 17th Dec, 12 midday, Sapcote ...restarts Tues 7th Jan

Tues 17th Dec 6.30pm Earl Shilton....restarts Tues 7th Jan

Wed 18th Dec 6.15pm Dadlingtonrestarts Wed 8th Jan

Thurs 19th Dec Sharnford ...restarts Thurs 2nd Jan

Thurs 19th Dec Bosworthrestarts Thurs 2nd Jan

Friday 10am Sapcote classes continue as normal over the holidays .

Pose of the month : Half moon pose

A challenging balance pose that strengthens the core and legs whilst stretching the hips, chest and spine.

Keep the focus on the ground, open the chest by reaching the arms out fully, lengthen the lifted leg and keep the spine extended. To modify place a

Yoga Block
under the
hand for
support.



10 Health Benefits of...

Pine Nuts

1. High Protein and Essential Fat
2. Maintains Healthy Blood
3. Good Meat Substitute
4. Great for Bone Health
5. Assists Metabolism
6. Assists weight-loss
7. Fight Free-Radical
8. Prevents Diseases
9. Heart-friendly
10. Contains Vit. E



EatHealthyLiveFit.com

'Clicking, Popping or Cracking' joints.

It happens to us all sometimes and is nothing to worry about as long as no pain is associated with it. Some of the causes include :

'Friction' Sometimes our bones can inadvertently rub against one another and create the same popping noise as when we click our fingers together.

Also it can be caused by tightly stretched ligaments sliding off bones.

If our joints pop like this there is nothing to worry about, as there is just enough slack in our joints that these twinges are inevitable and no harm is done .

'Joint Fixation' During periods of inactivity , the bones can become stuck together by suction created by air bubbles in the synovial fluid being squeezed to the edges of the joint { think of a glass of water becoming stuck to a table } when we move the joint and break this vacuum , the air creates a popping sound .

When does it become harmful? Any persistent pain associated with these noises should always be checked out.

Also, if we insist on purposely creating these noises, e.g., making your knuckles crack over and over, the joint may become inflamed and painful. This is because the body is trying to minimize the friction by swelling the fluid sacks that line our joints. These sacks are called bursae, and their inflamed condition is called bursitis.

Spaces still available on the Self Defence workshop
this Sunday 1st Dec 10am til 12 midday ...£10 all
proceeds to 'Veterans United Against
Suicide'



Have a great month ..See you in Class

Adele ☺

www.yogawithadele.co.uk