

## Yoga with Adele November Newsletter 2019



KINETIC CHAIN  
ASSESSMENT SPECIALIST

### Poses of the month: Fish pose



A lovely supported back bend that opens the chest & stretches the rib cage and abdomen. It also strengthens the respiratory system, increases O<sub>2</sub> to the brain and boosts the immune system. Keep your elbows

tucked in and your neck long, breathe deep into the ribs.

### Mind Body Spirit show ..NEC

A Yoga show comes to the Midlands

Nov 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> with Yoga classes, demonstrations and shopping.

<https://birmingham.mindbodyspirit.co.uk/>



# SELF DEFENCE WORKSHOP



Another fantastic opportunity to learn from Self Defence Expert 'Ian Bratton'.

This workshop will include preventative measures as well as practical techniques that anyone can use to stay safe and reduce the chance of becoming a victim.

£10...all proceeds from this workshop will be donated to 'Veterans United Against Suicide'. There will be just 30 spaces available so booking is essential.

Sunday 1st Dec 10am til 12pm George Ward Centre, Barwell

## Attending Yoga Class When You Have a Cold/Flu ...

Going to class when sick, is not always the best option. It may make symptoms worse, especially if you have a head cold or chesty cough. Inverted and reclined poses may not be wise, due to the increase in pressure on your sinuses and chest.

Things to consider: Would you attend a friend's birthday party in your current condition? Go out on a date? Play tennis? If the answer is yes, then it's probably OK to go to yoga class, if the answer is no then maybe leave it for a while.

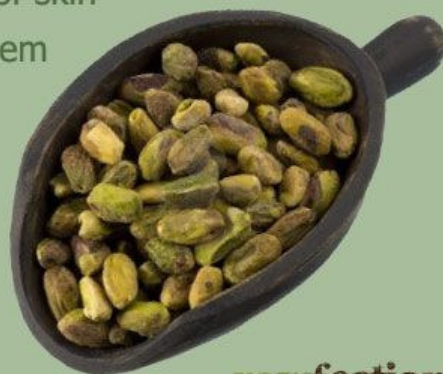
Generally speaking, you should return to class when you are feeling better, can go 90 minutes without needing a tissue and are no longer contagious.

A gentle 20-30 minute walk in the fresh air [while wrapped up] may often be a better option as it will increase circulation and help with breathing.

Drink plenty of water and take lots of Vit C.

### *Health Benefits of Pistachio Nuts*

- High in anti-oxidants
- Rich in Vitamin B
- Anti-aging
- Assists in stress management
- Cardiovascular protection
- Improves appearance of skin
- Improves immune system
- Assists in digestion
- Reduces cholesterol
- Improves eye health
- Anti-inflammatory
- Boosts immunity



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Have a great month ..See you in class 😊

Adele

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**fitpro**



<https://www.facebook.com/yogawithadele1/>