



Yoga with Adele Newsletter April 2020



KINETIC CHAIN
ASSESSMENT SPECIALIST

Please be assured that all Yoga Classes will resume, as soon as it is safe and sensible to do so. The venues are holding the time spots for us, so we can get straight back in and pick up where we left off 😊



In the meantime I have been adding more videos to my 'YouTube' Channel

This is completely FREE of charge to all of you...No sign up needed...you can do the videos at a time to suit, you just need access to YouTube.

Click here: www.youtube.com/user/yogawithadele1/featured

Subscribe to the channel and you will be notified as soon as I add new stuff on there.

New video's so far include :

Video 1: Mobility & Warm up [the 1st part of our regular class]

Video 2 : Relaxation [the end part of our class]

Video 3 : Yoga for Gardeners

Video 4 : Daily stuff ...Pelvic floor exercises and Standing balances

Video 5 : Sensory System Drills .

Video 6: Yoga with Weights

Let me know what you would like to see, feedback always welcomed 😊

[NB: These videos are not filmed in a fancy studio with professional recording equipment ...I film them off my Laptop at my home, but they are hopefully the next best thing to getting to class 😊 }



Fun Fact : In terms of 'Bone Density gains ' for keeping our bones strong, a 10 seconds Single leg standing balance, is equal to 1 minute of marching on the spot , 1 minute = a full 50 minute walkso get Balancing 😊

Poses of the Month : The Antidote to 'Sitting'

Stretch those Hip Flexors & Fire up those Glutes !!

So we are all likely to be doing a little more 'Sitting down ' at the moment ...make sure you regularly get up , wander about and do some of the following :

Hip Flexor's: Lunges , Hero Pose , Side lying Stretch :



Glute's: Activation ...Tapping, thumping, kneading & slapping the bum to get those switched off nerve receptors working again.

Prone Leg raises & Presses to keep them strong.



Health Benefits Of Beans

Beans are healthy for the heart

Beans help to fight cancer

Helps reduce cholesterol levels

Helps boost body immunity

Helps prevent constipation

Takes care of your eyes

Beans help you to lose weight

Helps to fight diabetes

Improves bone health

Helps in pre-natal care



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Wishing you all a Wonderful EasterStay Safe and I'll see you all on 'You Tube ' 😊

Adele xx



CHOCOLATE COMES FROM COCOA,
WHICH IS A TREE
THAT MAKES IT A PLANT.
CHOCOLATE IS SALAD.

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