



KINETIC CHAIN
ASSESSMENT SPECIALIST

Yoga with Adele June Newsletter



Yoga in the Sun

As of June 1st, according to insurance and training providers 'Fit-Pro' in spite of the recent ease in restrictions, group exercise classes [even small groups held outside] are still not permitted and therefore not covered by insurance .

However... 1-2-1 outside tuition is permitted, so, until it is safe for us to get back to classes, I will be offering

1-2-1 Yoga sessions at my

'Outside ' Yoga Studio : >>>>>

Cost will be £45 per session [1-2-1 is usually £55] and weather dependant.

Availability will initially be mornings 9am, 9.30am or 10am starts.



Sessions will be tailored to individual needs. Message me for more info .

Pose of the Month: Prone Alt arm leg raise .

Strengthens the 'Backline' of the body which helps to prevent a whole host of back issues and other postural problems.

Lift slowly and smoothly and try to hold as long as possible, then slowly lower .

Keep the tail bone tucked, the hip bones level and the pelvis in slight posterior tilted position.





We have now passed our 'Just Giving' target of £500 !!

A huge 'Thank you 'to all of you who have kindly donated to help

'The Rescue Ranch ' xx

10 Health Benefits of... Rhubarb

EatHealthyLiveFit.com



1. Anti-Oxidant
2. Assists Diabetes
3. Good for Eyesight
4. Good Vit. C Source
5. Lower Cholesterol
6. Improves Digestion
7. Destroy Cancer Cells
8. Good Calcium Source
9. Stimulates Metabolism
10. Regulates Blood Pressure

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Life is 10% what happens to us and 90% how we react to it.
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Have a great month, Stay Safesee you online Adele xx

Proud to be a member of
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