



Yoga With Adele Newsletter August 2020



Hello



I'm very happy to tell you Yoga classes will finally be starting back from August 3rd ☺

Classes will cost £10 and last for 75 minutes, focusing on the usual mobility, strength, flexibility, sensory systems, pelvic floor, balance, & relaxation.

Many changes have had to be put in place in order for me to continue safely and fairly for everyone, as guidelines & instructions now have to be followed by all of us in order to proceed, or the venues and insurance companies simply won't allow us to go ahead.

This is going to be the same all over the country for every instructor, gym and group fitness class.

1. Pre-Booking & Registration will now be compulsory via an online system 'GymCatch'

<https://app.gymcatch.com/provider/2004>

Please click the link above to create an account with Gymcatch beforehand so you can book sessions. This link is also available directly via my website

and on Facebook ...just look for the 'Book Now ' button under the main photo on my 'Yoga with Adele' Page and it will take you straight to it .

[I have tried to find the most user friendly /simple option possible]

All bookings are **Non-Refundable** and you can no longer book through me personally, sorry, it's just not possible to do so at present.

2. Please bring your own equipment to classes ie. Yoga-mats, straps ,cushions and anything else you may need, shared equipment is not permitted.
3. Please follow Social Distancing of 2 metres if possible, with no gathering in entrance ways etc.
4. Please do not attend class if you are showing ANY symptoms of Covid 19 but also, any signs of being unwell including colds/flu symptoms. Also if you have been in direct contact with someone who has Covid 19 within 14 days prior to the class.
5. A list of names and contact numbers needs to be kept for each class. If you develop Covid 19 symptoms after attending a Yoga class, please contact myself and the NHS helpline to report it.
6. I have bought an Organic/Vegan 70% Alcohol Medical grade Hand sanitizer which will be freely available for you to use before and after class. Also disinfectant spray will be provided if you wish to clean the area before placing your mats down.
7. Floor markers will be laid down at least 2m apart to make it easier to keep safe distancing. Please do not move them around.
8. Please arrive no earlier than 10 mins before class starts. This is to allow me to safely set up the room /open doors /wipe surfaces etc. before you enter. Doors will be closed just before we start. This is to reduce any contact with surfaces such as door handles. There will be a 1 way system in place where possible.

9. Wearing Masks is not compulsory at present, but please do wear one if you feel happier to do so. Please be patient and tolerant towards others at this time ...it's new to us all and we are all having to adapt to these changes, some people will be more anxious about it than others.

10. Unfortunately due to limited numbers, I won't be taking in any new clients at the moment. Spaces are for existing clients who have been attending classes in the last 12 months only.

I will review this once the full timetable is running.

Yoga Class Timetable August 2020

Mon 6.45pm til 8pm George Ward Barwell 15 spaces

Thurs 9.45am til 11am Sharnford Community /Youth centre 14 spaces

Thurs 12 midday til 1.15pm Parish Hall Market Bosworth 10 spaces

Thurs 6.45 til 8pm George Ward Centre Barwell 15 spaces

Fri 9.45am til 11am Sharnford Community /Youth centre 14 spaces

10 Health Benefits of...

Capsicums (Bellpeppers)

1. Good for Eyes
2. Burns Calories
3. Anti-Cancer
4. Healthy Heart
5. Cures Anaemia
6. Boost Immune System
7. Lower Bad Cholesterol
8. Regulates Blood Pressure
9. Prevents Hypertension
10. Anti-Inflammatory



EatHealthyLiveFit.com



Donations to my 'Just Giving page ' have now reached a massive £750, so once again, Thank you so much, to all of you who donated.

The online YouTube Videos will remain FREE to access, as I realise not all of you will be able to make it back to classes yet.

Poses of the Month

Warrior 1 & 2 strengthens the muscles of the upper & lower body, but also great for bone density in the shoulder girdle. Builds core strength, whilst opening the hips and chest.



Practice flowing smoothly from one position to the next.

And Finally ...for the first time in 3 years, I have some availability for Private Home Tuition/ 1-2-1 or small groups of up to 3 people.

This is open to ALL, not just existing clients, and can be regular weekly/monthly sessions, or a 'One off' to work on a specific area.

Cost is £55 per session [additional expenses apply depending on location]

Email me for more details : yogawithadele@live.co.uk

Have a great month ...See you in Class ! ☺Adele x

Website : www.yogawithadele.co.uk

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



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