



'Yoga with Adele' Newsletter July 2020



KINETIC CHAIN
ASSESSMENT SPECIALIST

Pose of the month: Wall Folds

One of my favourite stretches for upper back, chest and shoulders.

Try to tip out the front of your 'bucket', keep the neck neutral, broaden the shoulders and feel the spine lengthen as you push your tail back and crown forwards.



Outside Yoga Classes

So after the initial trial run and a couple of Yoga classes going really well, the British weather threw a bit of a 'spanner in the works'. First it was too wet...then it became too hot !

However ..I will persevere and try to run classes whenever the conditions

allow, which may mean earlier starts before the Sun gets too hot and last minute notifications of classes taking place.

I am trying to work through my list of all of you that want to attendbut it is proving tricky with numbers currently limited to 5.

But please keep an eye on my Facebook page for further updates during July.

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

Covid 19: Immune System Boosters

Vit C : protects cells from stress caused by infection and inflammation.

Sources : Broccoli, strawberries, kiwis, peppers, melon

Iron . Aids the bodies first line of defence. Sources: Whole-grains, lentils, spinach , beans, tofu.

Zinc : Important for healing. Sources : Pumpkin seeds, nuts, beans.

Vit A : Regulates immune response. Sources: Sweet potato, carrots, red pepper, mango.

Vit B6 : Supports reactions of our immune system. Sources: Chick Peas , Green Veg

Vit E : Protects from Oxidative stress on our cells :Avocado, nuts, seeds, wheat germ.

10 Health Benefits of Zucchini

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| 1. Helps You to Lose Weight | 7.Reduces Stress and Muscle Tension |
| 2. Keeps Blood Sugar Stable | 8. Keeps Your Brain Happy and Healthy |
| 3. Helps to Lower Cholesterol | 9. Plenty of Antioxidants |
| 4. Reduces Blood Pressure | 10. Gives Eyes a Healthy Boost |
| 5. Improves Immunity | |
| 6. Keeps the Heart Healthy | |



Have a great
month,

Stay Safe.....See
you online ☺

Adele xx

www.yogawithadele.co.uk

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