



Yoga With Adele November Newsletter



KINETIC CHAIN
ASSESSMENT SPECIALIST

Pose of the month : Camel

Stretches the entire front body and strengthens the back body.

Stimulates the internal organs and digestive system.



To modify this pose, place Yoga Bricks alongside feet to reach for instead

Sale : Neoprene Weights



2kg = £12 pair

3kg = £17 pair



Orders being placed this weekend ...message me if interested ..collection from class only.

YOU CAN'T BUY
HAPPINESS.
BUT YOU CAN
BUY YOGA CLASSES.
AND THAT'S
BASICALLY THE
SAME THING!

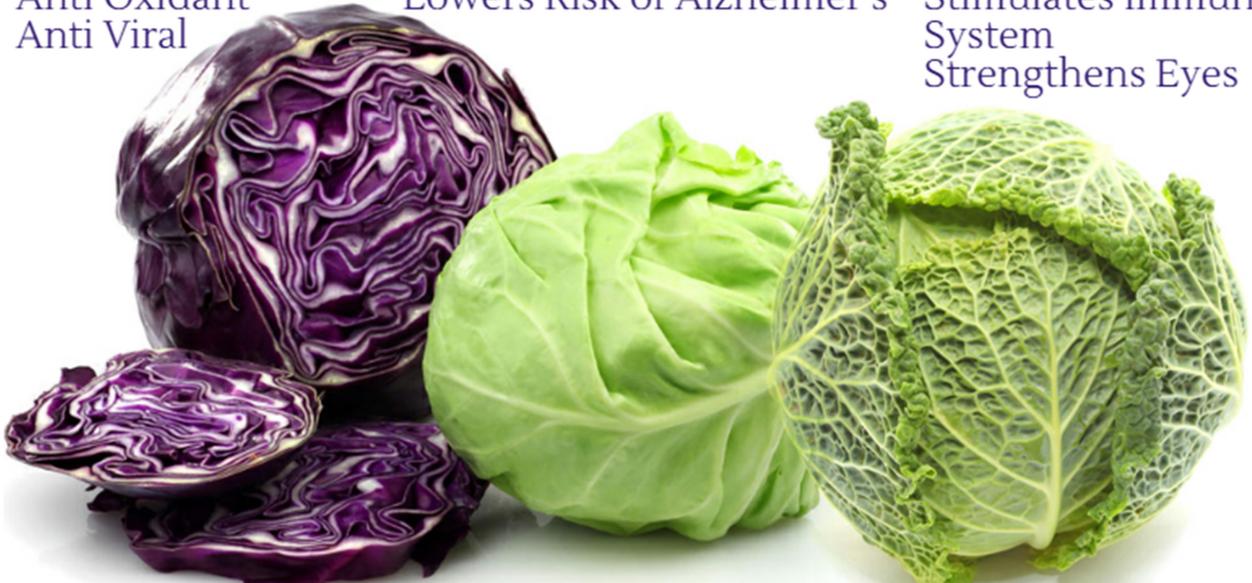
Proud to be a member of
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Benefits of Cabbage

Aids Weight Loss
Aids Digestion
Anti Bacterial
Anti Cancer
Anti Fungal
Anti-Inflammatory
Anti Oxidant
Anti Viral

Blood Cleanser
Cancer Preventative
Cardiovascular Support
Detoxifier
High in Fiber
Lowers Bad Cholesterol
Lowers Risk of Alzheimer's

Lowers Risk of
Cataracts
Natural Laxative
Rich in Iron
Rich in Sulphur
Rich in Vitamin C
Stimulates Immune
System
Strengthens Eyes



Covid Regulations Updates

1. Venues with carpeted floors [George Ward Centre] are now recommending you keep socks/shoes on unless you are actually on your Yoga Mat.
2. We will need to be keep at least 1 window or door open for ventilation over Winter, so please bring layers/ blankets to keep warm enough during the Relaxation. I will try to keep rooms as warm as possible.

Thanks for your co-operation 😊

Have a great Month ..See you in Class ...Adele xx

www.yogawithadele.co.uk



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