



Yoga With Adele :

December Newsletter 2020



KINETIC CHAIN
ASSESSMENT SPECIALIST



Well, 'Tier 3' has thrown a big spanner in the works hasn't itbut the good news is we will be allowed to re-start classes as soon as we are moved down to Tier 2 ...so 'Fingers crossed' that's before the New Year.

Once we get the go ahead, I plan to get as many classes

going as possible, but I will be limiting them all to just 10 spaces for the time being and asking that you now wear a Face-Mask at all times, except when you are actually on your Yoga mats.

**THIS TOO
SHALL PASS.**

**IT MIGHT PASS
LIKE A KIDNEY
STONE.**

but it will pass.

Pose of the month 'Knee to Chest'



Great for relieving tension in the lower back. Begin with single leg holding for 15 -20 seconds , then double legs, holding for at least 30 seconds. You can gently rock and massage the lower back into the floor if this feels good .



10 health benefits of Cranberries

1. Treats Urinary Tract Infections
2. Fights Cancers
3. Fights Heart Disease
4. Helps Kidney and Bladder Problems
5. Prevents Dental Problems
6. Promotes Weight Loss
7. Anti-Ageing Properties
8. Improves Mental Health
9. Strengthens the Immune System
10. Relieves Skin Conditions

rawforbeauty.com

Sensory Drill of the month

'Peripheral Vision'



This week I went to Specsavers , just for a routine Eye check up and I was thrilled to be told that my 'Peripheral vision' is still excellent .

I have been doing these Eye exercises monthly ever since I discovered them about 10 years ago and I really do believe they help.

Begin by lying flat and looking straight ahead, extending out your left arm . Keep your focus fixed directly onto the ceiling then slowly move your thumb out to your left side, towards the floor besides you, until you can no longer 'see' it within your visual field . Come back to centre and change hands .

Wishing you all a great month ...Hope to see you soon

Stay Safe xx Adele

Proud to be a member of
fitpro