

Yoga with Adele April Newsletter 2021

Poses of the month: The Sun Salutation sequence



Energises, stretches and strengthens the entire body. A lovely sequence which can be done at a pace to suit you. Can be personalised by adding in any additional poses you feel your body needs at the time to create your own home routine.

YouTube Live Easter Class

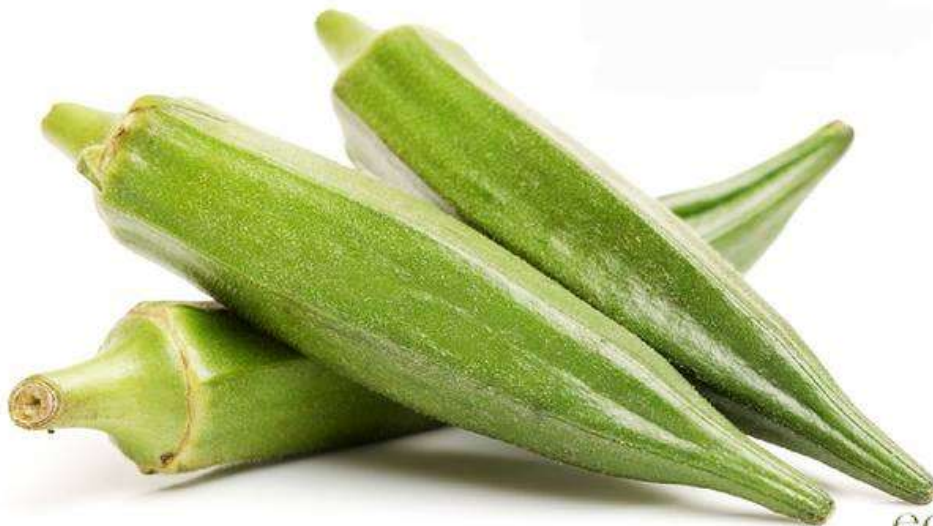
This Easter Friday at 10am

I will be running a Live Class on YouTube this Friday for those of you who don't use Facebook. Just subscribe to my channel here for FREE access and then join me LIVE at 10am 😊 :

[yogawithadele1 - YouTube](https://www.youtube.com/channel/UC...)

Benefits of Okra

- High in Vitamin A
- Aids Acid Reflux
- Promotes Healthy Skin
- High in Fiber
- Lowers Risk of Cataracts
- Regulates Body Temperature
- Helps Prevent Diabetes
- Prevents Constipation
- Aids Vision
- Treats Sore Throat
- Reduces Risk of Heart Disease
- Good Source of Vitamin C
- Stabilizes Blood Sugar
- Alkalizes the Body
- Treats Lung Inflammation
- Supports Colon Health



ecoNugenics

New Timetable for when we return to class in May

Mon 6.30pm YOGA George Ward Centre , Barwell

Tues 10am YOGA, Sharnford Community Centre

Wed 12 Midday YOGA, Parish Hall Market Bosworth

Wed 6.30pm YOGA , George Ward Centre, Barwell

Thurs 10am YOGA Sharnford Community Centre

Thurs 12.00pm YOGA , The Parish Hall, Market Bosworth

Fri 10 am YOGA & WEIGHTS Sharnford Community Centre



SPRING SUNSHINE

The Benefits of Vitamin D



Mental Boost

Sunlight increases your brain's production of serotonin



Better Sleep

Sunshine helps to regulate your body's sleep wake cycle



Bone Health

Sunshine supports your body's creation of Vitamin D



Prevent Cancer

Sunlight provides many cancer preventing perks



Skin Healing

Sun exposure can help treat several skin conditions



Little Time

5-15 min in the sun is all it takes to enjoy these health benefits

Have a great Month ..'See' you online ☺ Adele xx

www.yogawithadele.co.uk