

## Yoga With Adele May 2021

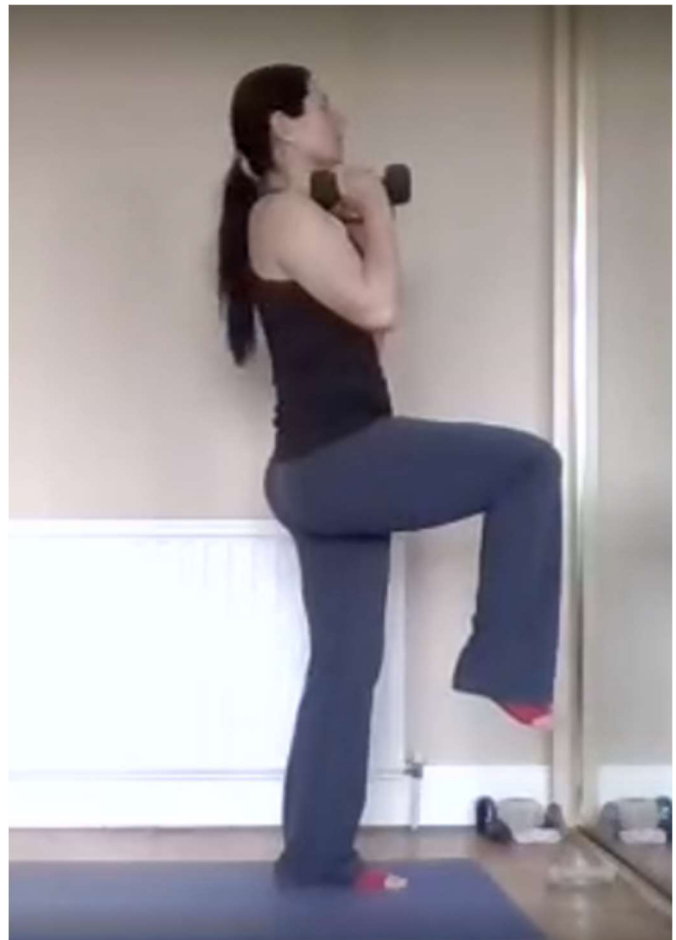


I am counting down the days until we can return to  
REAL LIFE YOGA CLASSES ...May 17<sup>th</sup> is the date ...more  
details will be sent out in  
the next week 😊

### Pose of the Month : Balance with 'Weights'

Holding weights will  
increase the bone density  
gains for this pose as well  
as challenge the core even  
more.

Just don't forget to  
breathe 😊



New Video now on YouTube :

'Yoga for Feet Toes & Ankles'



I have made a  
mini video  
workshop all  
about how to  
keep our Feet  
healthy and  
functional.



Click here to  
view:

<https://youtu.be/Amxz1IEnXg0>

Online Live classes will continue to run for the first 2  
weeks of May as follows:

Tues 6.30pm Mixed Yoga on Facebook

Wed 6.30pm Yoga & Weights on Facebook

Thurs 12 Midday Mixed Yoga on Facebook

Fri 10am Mixed Yoga YouTube Channel

These are FREE to join in.... 'Tips ' are however greatly  
appreciated if you can afford it 😊 Thank you x

# FLAX SEEDS

High in omega-3's  
Potent anti-inflammatory  
Fires up your metabolism  
Burns fat  
Full of antioxidants  
B Vitamins  
Magnesium  
Potassium  
Manganese  
Phosphorous  
Iron

Copper  
High in fibre  
Aids in constipation  
Pulls debris out of  
the bowels  
Lowers cholesterol  
Lowers blood pressure  
Rich in lignans -  
phytoestrogens that  
protect against cancer  
Anti-viral, anti-bacterial



*ascensionkitchen.com*

Have a great month , I hope to 'See you' in  
class soon Adele xx 😊

Website : [www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)

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