



Yoga With Adele Newsletter July 2021



Poses of the month: Boat, Long Boat & Reverse Boat



Strengthening poses for the frontline, deep core and backline muscles. Aim to hold for 10-15 seconds to begin with and gradually build up. Remember to breathe and try not to tense the neck and shoulders, or hands and feet.

HEALTH BENEFITS OF BEETS

SupplementsBuddy.com
FIND THE LOWEST PRICES ON SUPPLEMENTS

- Contains Folic Acid
- Cleanses the colon
- Cleanses the blood
- Immunity Boost
- Anti-Cancer
- Heals acne
- Great source of iron
- Contains sodium, magnesium, calcium, iron and phosphorus
- Contains Vitamin A and C and niacin
- Protects against heart disease
- Treats and cures boils and abscesses
- Strengthens the gall bladder and liver



August Break

No classes week of Mon 2nd -Fri 6th Aug

Box Breathing /Abdominal Breathing

This is the style of breathing we do in class and is one of the best breathing exercises you can do to relax the body, increase energy, reduce stress & anxiety, prepare the body for exercise and increase oxygen levels.

Did you know it is also a technique widely used by U.S Navy Seals to help them deal with stressful situations?

4x parts to each complete breath:

Begin by lying down comfortably, eyes closed .

1. Inhale slowly and fully into the abdominal area [not the chest]
2. Hold the breath /pause [for as long as you feel comfortable]
3. Exhale slowly and fully
4. Hold /Pause.

Repeat for 5 minutes trying to increase the length of each part.

To help ...you can place one hand on the breastplate and try NOT to move that hand as you breathe, so the movement comes only into the ribs/abdominal area.

3 Facts about Tension V's Compression in Yoga poses

1. Tension: Feels like stretching/lengthening

Compression: Feels like pressure/squeezing /pinching

2. Tension : You can improve on your range over time

Compression: You can't improve on your range over time

3. Tension is usually felt behind the direction of movement [ie forwards fold ...felt in back of body]

Compression is usually felt in front of direction of movement [ie forwards fold...felt in front body]

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