



## Yoga With Adele Newsletter June 2021



### Pose of the Month: Cosmic Dancer

A lovely balance pose which also stretches the hip flexors, chest and abdominals. To modify keep the body upright until you feel confident to tip forwards, or use a chair for support .



### Yoga & Weights

Due to its popularity I have taken the decision to hold Yoga with Weights on alternate Wednesdays at the 6.30pm Barwell class beginning on June 9<sup>th</sup>.

### Why is Vitamin-K Important?

- Vitamin -K is crucial for normal blood clotting in the body.
- It helps maintain good bone health.
- It plays a key role in treating osteoporosis and Alzheimer's.
- It also protects against cancer and heart disease.

# 11 Health Benefits of Swiss Chard

1. Helps to Prevent Cancer
2. Helps to Improve Night Vision
3. Reduces Digestive Inflammation
4. Helps to Reduce Muscle Cramps
5. Boosts Brain Power
6. Promotes Healthy Hair
7. Powerful Immune Booster
8. Excellent Source of Iron
9. Low Calorie Super Food
10. Helps to Stabilize Blood Sugar Levels
11. Maintains the Strength of Your Bones



## Online Booking & Cancelling a class booking

While class sizes are still restricted some people have been unable to get a space in class so may I please remind you that if for some reason you can't make your' booking please cancel it online Via 'Gymcatch' and not via myself as I cannot cancel it for you.

This will then generate an instant notification to myself but also to anyone on the 'Waiting list 'so they get chance to attend. Thank you 😊

Have a great month, see you in class 😊

Adele x

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

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