

## Yoga With Adele November Newsletter

### Pose of the Month : Plow

Stretches the spine and shoulders, increases energy, stimulates internal organs and thyroid, calms the mind.

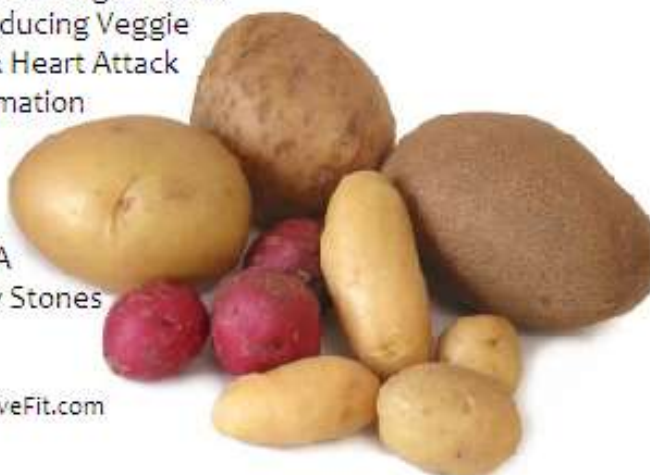
To modify you can rest your legs on a chair or the wall and you can also use blankets underneath the shoulders and head to increase comfort.



### 10 Health Benefits of...

# Potatoes

1. Rich in Vit C, B6, Copper & Manganese
2. Helps Control Blood Sugar Levels
3. Best Energy Producing Veggie
4. Resists Stroke & Heart Attack
5. Reduces Inflammation
6. Liver Cleansing
7. High in Fibre
8. Low in Sodium
9. High in Vitamin A
10. Prevent Kidney Stones



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### 3 ways to get more out of your Yoga Class

1. Using props. Yoga straps, bricks, blankets and glute bands can all be used to make poses easier, or, more challenging by allowing you to adapt the poses to your ability. Ask me for advice if unsure.
2. When doing Isometric/ static strength poses, such as Planks, try clenching all the muscles tightly for 10 seconds, then relax and repeat. This will make it more intense without having to hold it for longer.
3. Challenge yourself to move in and out of poses such as Cobra, Warriors, Balance moves with complete control [ think super slow movement].
4. Try closing your eyes for a few seconds, or moving the focal point when doing balance poses to stimulate the other senses.

### November Yoga Timetable

**Mon 10am** Dadlington Yoga & Weights

**Mon 6.30pm** Barwell

**Tues 10am** Sharnford

**Wed 6.30pm** Barwell Yoga /Alternating with Yoga Weights

**Thurs 12 Midday** Market Bosworth

**Fri 10am** Sharnford

How well can you do these 4 simple tests for 'Functional Fitness ' ?

Stand on one leg for at least 30 seconds ?

Get up and down from the floor without using your hands ?

Single knee lift balance, but with your eyes closed for at least 10 seconds?

Lie on your front and get your heel to touch your bum?

Try them and see 😊

**Polite reminder :** Some classes fill up fast, so if for any reason you need to cancel a booking, please do it via your Gymcatch account a.s.a.p. This will automatically send a notification to those people on the 'waiting list' so they get a chance to book on .

**Thank you**

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