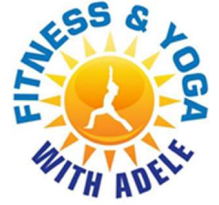


Yoga with Adele Newsletter February 2022



## Pose of the Month:

### Gate pose

Stretches the entire side body & inner thighs. Use a folded blanket under the knee to make it more comfortable. Try not to lock out the straight leg and keep the chest lifted and neck in neutral.



## Covid Updates

Even though most government restrictions have now been lifted, there are some vulnerable people attending our classes and so I have decided to carry on with the following safety measures in class:

1. Yellow markers ...please place the front left corner of your mat next to these, this will keep everyone safely distanced.
2. Class numbers will remain limited.
3. Please wear a mask unless you are on your Yoga Mat.
4. I will continue to spray down all rooms before you enter.
5. Hand sanitiser will be provided.
6. Windows will be opened enough to allow air to circulate, or fans used where available.
7. Please do not attend a class if you are feeling unwell, or have recently been in contact with someone with Covid.

# HEALTH BENEFITS OF SAFFRON



Powerful antidepressant	Antioxidant
Fights Alzheimer's Disease	Prevents heart disease
Reduces anxiety	Helps combat eye conditions
Blocks the sexual side effects of SSRI's	Protects retina from damage
Reduces symptoms of OCD	Slows progression of macular degeneration and retinitis pigmentosa
Reduces food cravings	Pain reliever
Suppresses appetite/enhances satiety	Improves digestion
Helps with weight loss	Lowers blood pressure
Fights cancer cells and tumor growth	Fights respiratory diseases
Possible Aphrodisiac	

## Exercises for Eye Health

**Mobility Drills.** Moving the muscles which attach to the eyeball through all the different directions of movement to increase circulation and relieve tension. Great if you use computers a lot, or suffer tension headaches from eye strain .

**Peripheral Vision Drills.** Tracking the limits of your peripheral field to keep your peripheral vision good and create balance.

**Focal Drills** Exercising our short and long range focus.

We will be going through all these drill in classes this month 😊

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

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