



## Yoga with Adele Newsletter April 2022



### Pose of the Month : Lightning bolt

Strengthens the legs, back and glutes. Keep your weight sinking back into your heels and tailbone as if sitting back onto a stool. Keep your chest lifted and shoulders rolling away from your ears. To modify, place your hands onto your thighs for support



### Charity Fundraiser for Ukraine

There are still spaces left for this 2 hour long Yoga class

Cost is £20 with all the proceeds going to help the people and animals affected by the war in Ukraine .

Sunday 3rd April 10am til 12 Midday George Ward Centre, Barwell.

Friends and family are welcome to attend .

### Easter Break



There will be no classes  
on Easter Monday  
Happy Easter 😊

# HEALTH BENEFITS OF DARK CHOCOLATE



- High In: Potassium, Copper, Magnesium and Iron
- Increases blood flow in the brain
- May lower blood pressure
- May reduce risk for stroke
- High in Antioxidants
- Helps control blood sugar
- Improved mood

## Face Yoga

We have 43 muscles in our face and like every other muscle in our body they too benefit greatly from exercise and massage.



We will be finishing the Yoga Fundraiser with some moves that I have picked up over the years, including simple Indian head massage techniques, which help to release tension, improve circulation and aid lymphatic drainage.

Be prepared for The Lion, The Botox, The Puffer fish and a few more 😊

Have a great Month ..see you in class ..Adele xx

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