

Pose of the Month : Locust pose



Strengthens the entire back line of the body, stretches the chest and abdominals.

To vary the pose, try squeezing your legs together, or try reaching your arms forwards.

TOP 3 REASONS TO EAT:

Swede

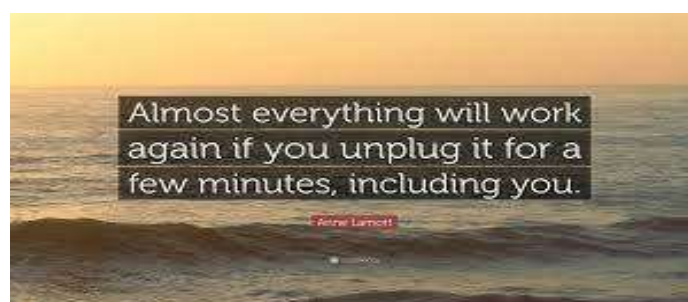
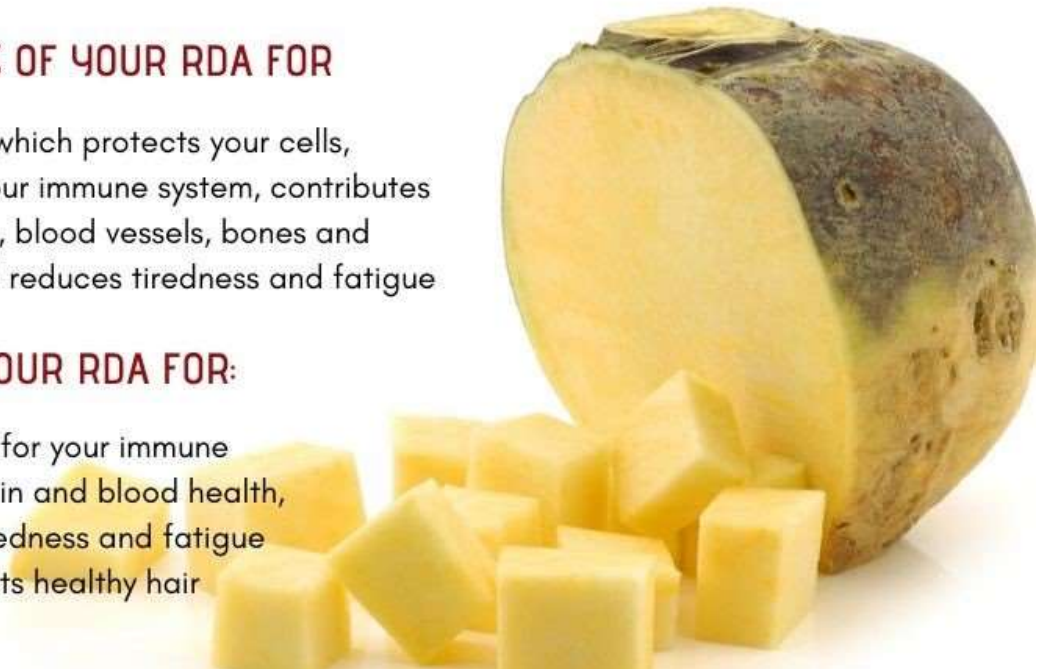
Swede is packed with the phytochemical myricetin which may protect your cells from damage & may offer protection from cancer and diabetes

PLUS 31% OF YOUR RDA FOR

Vitamin C which protects your cells, supports your immune system, contributes to your skin, blood vessels, bones and organs and reduces tiredness and fatigue

19% OF YOUR RDA FOR:

Vitamin B6 for your immune system, brain and blood health, reduces tiredness and fatigue and supports healthy hair



Covid Update

I want to make sure everyone continues to feel safe in my classes so all current safety measure will remain in place. Please respect that some people who attend classes are still very concerned with the risks, or have underlying health conditions which makes them vulnerable. So please do not come to class if you are unwell and please continue to wear a facemask unless you are on your Yoga mat.

Thank you.

Feeling a bit 'Sluggish'? Try these 3 instant energisers:

1. Legs up the wall for 3 mins
2. Full body Propriostim/ Dry shower
3. Inhale fully for a count of 6 then exhale fully for 2. Rpt. x 8



This months classes :

Mon 10am Dadlington Yoga & Weights

Mon 6.30pm Barwell Yoga

Tues 10am Sharnford Yoga

Wed 6.30pm Barwell Yoga

Thurs 12pm Market Bosworth Yoga

Fri 10am Sharnford Yoga

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

Website : www.yogawithadele.co.uk



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