



## Yoga with Adele Newsletter May 2022



Pose of the month : Back arch using a Yoga Brick



A lovely supported way of doing a back bend. You can adjust the height to suit your ability, but make sure the Yoga brick feels 'stable' underneath you, then try to fully relax into the pose.

### 'When' and 'What' is best to eat before and after a Yoga class ?

Due to all the folding and twisting we do in Yoga it's never a good idea to eat a large meal within 2 hours of class as this could make you very uncomfortable, however you also don't want to have a completely 'empty tank ' or you could feel lightheaded and weak .

#### So how do you fuel up before and after a class ?

Firstly ... Hydrate well before and after ... it can make a huge difference to your body during the class, but also aids recovery.

Avoid anything sugary beforehand, as this could lead to an energy crash during the class and can actually make your muscles feel weaker.

If you are feeling low in energy before your class go for foods such as oats, nuts or low sugar fruits, such as apples /bananas/blueberries.

Afterwards you need to give your body something to repair and build from so eat nutrient rich carbs, such as sweet potato, a simple protein and healthy fats such as avocado. Before you go to bed that night have some form of Magnesium to help your muscle fibres relax again which in turn helps to prevent D.O.M.S [ delayed onset muscle soreness...the 'sore' feeling you can get 24-36 hours after training] .



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## Holiday Dates Summer 2022

No Yoga classes on the following days :

Bank Holiday Monday May 2nd

Jubilee Bank Holiday Thurs 2nd or Fri 3rd June

My Summer Holiday week of : Mon 27th to Fri 2nd July

### \*Last chance to try the Yoga & Weights class \*

I love teaching this class and it is so beneficial for everyone to lift weights [ particularly women over the age of 40] but due to poor attendance over the last few months I may have to replace it with regular Yoga class.



It runs every Monday morning at Dadlington Village Hall from 10am and all you need is a pair of Dumbbells [1kg-4kg depending on your current strength].

I will continue it up until June, so if you want to give it a go let me know and I can lend you a pair of weights to try it out.



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Have a great month, See you in Class 😊

Adele xx

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