



Yoga With Adele June Newsletter

Pose of the Month:

Side Hip lift with leg raise.



A great pose for Core strength but also strengthens our waist, hip and thigh muscles, which tend to be a little weak. Begin by just mastering position 2 until you can hold it easily for at least 20 seconds, then move on to position 3, slowly lifting and lowering the leg, maintaining good posture.



Secrets to Better Sleep

Getting a good nights sleep is vital for our health as it is during deep sleep that our bodies heal, recharge and repair.

Here are a few things which may help to improve your sleep;

1. Exercise: If we want to sleep deeply, we need to physically tire out our bodies and not just our minds.
2. Magnesium: Adults are recommended to have 300-420mg of magnesium daily. Current evidence shows that additional magnesium can help the body relax and improve both the quality and quantity of sleep. It's thought that magnesium's relaxing effects may be due to its ability to regulate the production of melatonin, the hormone that regulates sleep.

3. Zinc: A useful addition to your nightly regime. People with low zinc concentrations appear to sleep less than those with adequate supplies. Zinc has a direct impact on the nervous system and may also improve circadian clock functioning - both of which can help to regulate sleep patterns. Zinc is thought to work best for sleep support when it teams up with magnesium.

4. Lavender: This purple flower produces a soothing fragrance that is believed to enhance sleep. Several studies show that simply smelling lavender oil shortly before sleep may be enough to improve sleep quality.

Venue Change for Yoga & Weights class

The Yoga & Weight class is moving from Dadlington to the George Ward Centre, Barwell, starting from

Monday 13th June at 10am

This is probably my favourite class to teach and it is great for anyone looking to build core strength, improve bone density, increase muscle strength & stamina, improve balance, improve posture and reduce back pain.



You will not get 'big and muscular' simply by lifting weights, however, it can help with weight loss as, the more 'muscle' you have, the more energy you burn even while resting. This is because muscle is 'Metabolically' active tissue.

All you need is a small pair of Dumbbells ...between 1 and 4kg depending on your current strength.

Blueberry Benefits:

1. Healthy Bones
2. Healthful Skin
3. Reduces High Blood Pressure
4. Diabetes Management
5. Protecting Against Heart Ailments
6. Cancer Prevention
7. Improves Mental Health
8. Enables Healthy Digestion
9. Hair Care



If you would like to try this class but don't have any weights, I can lend you a pair.

Have a great month
..See you in Class 😊

Adele xx

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