

Yoga with Adele July Newsletter

Exercise of the Month : Tapping into the power of your **Vagus Nerve**

Known as the 'wandering nerve', the Vagus nerve begins in the brainstem and innervates the muscles of the throat, circulation, respiration, digestion and elimination tracks. It accounts for 80% of our parasympathetic, or 'rest and digest' nervous system.

Healthy vagal activity is associated with better physical and mental wellbeing.

Here are a few of the ways we can 'stimulate' it :

*Deep Breathing work

*All Exercise

*Gut health /Massage
/Probiotics

*Humming, Singing, Yawning

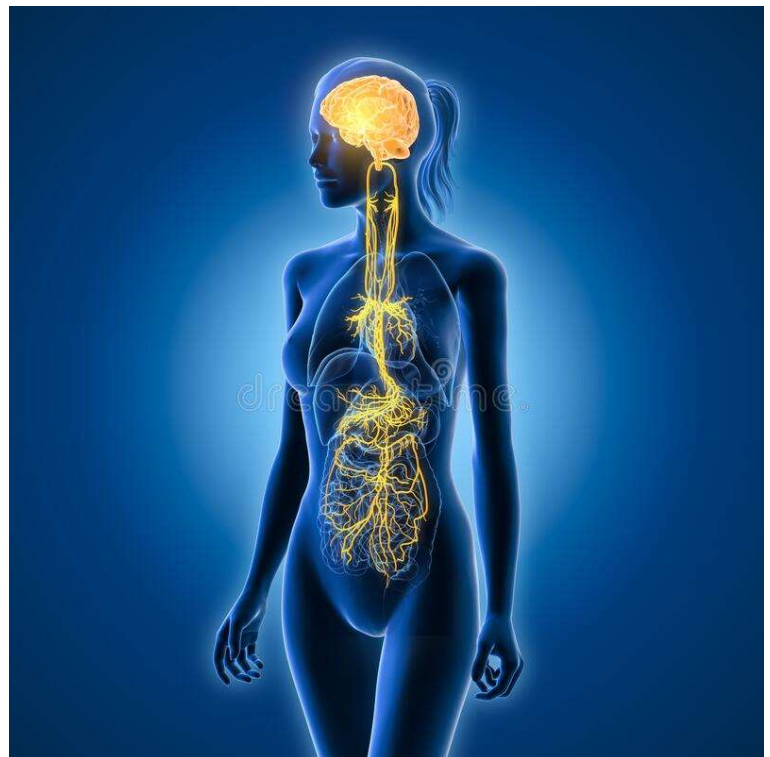
*Cold therapy [proceed with
caution though]

*Laughter

*Full body massage

*Stanley Rosenberg's 'Basic
exercise' is a simple way of

bringing blood flow to the brain stem, where the vagus nerve originates,
and realigning the first two vertebrae.



To perform this simple exercise :

Lie on your back interlace your fingers and bring them behind your head right at the base of your skull then move just your eyes to the right until you sigh, swallow or yawn (typically within 30-60 seconds) and repeat on the other side.



So, about half of you have now returned to classes since Covid hit us over 2 years ago, but there are still many faces I would love to see back in class.

Classes are always a little quieter over the summer months so if you have been thinking of returning, but feel a little unsure, now is an ideal time to come back.

You really would be very welcome

no matter how long it has been 😊

July Yoga Classes :

Mon 10 am Yoga & Weights Barwell

Mon 6.30pm Yoga Barwell

Tuesday 10am Yoga Sharnford

Wed 6.30pm Yoga Barwell

Thurs 12 Midday Yoga Market Bosworth

Fri 10am Yoga Sharnford

Covid Update

I am still maintaining most Covid safety measures, with smaller class sizes, laying floor markers down to keep a safe distance, spraying down rooms before hand, opening windows and asking people to stay away from class if they are unwell. Mask wearing is no longer compulsory anymore, but I do ask you to respect others choice to do so and so if they are wearing a mask please respect their space [as they may have a condition making them vulnerable]

Thank you 😊

Inflammation & Pain

Inflammation is a major trigger of pain in our bodies, whether it be muscular, joint, headache, abdominal, gut, arthritic etc .

Our diet can play a huge role in our levels of inflammation and foods such as sugar, wheat, dairy and tomatoes are known to increase it.

Here are some foods which can help to reduce it >

Have a great month

See you in Class

Adele xx



Website : www.yogawithadele.co.uk

Facebook : www.facebook.com/yogawithadele1

Booking Classes via Gymcatch : <https://gymcatch.com/app/provider/2004>

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