



## Yoga With Adele October Newsletter

### Pose of the Month: Corpse Pose



Realigns the whole body, releases tension, calms the mind.

To modify this pose you can place a cushion under your legs or head. Cover yourself with a blanket to keep warm if needed.

### How does colder weather affect our body ?



#### 1. Increase in muscle and joint pain.

It is still a minor mystery as to what exactly causes this but there are several logical explanations. Our body ultimately needs to keep the heat in our centre to protect our vital organs so blood vessels in our arms and legs , hands and feet , fingers and toes are less of a priority as we get colder. This reduced circulation causes constriction of our muscles making us feel more tense. Less Oxygen to these areas causes increased sensitivity in our pain receptors and lessened nervous response makes us more prone to cramping in our muscles and increases tension pulling on our joints.

#### 2. Diminished Immune system .

Because our body is preserving body heat, our blood flow slows, meaning fewer White Cells are available for fighting off infection making us more vulnerable to colds and flu bugs etc.

#### 3. Increased Inflammation .

Another strong theory is reduced barometric pressure. When the temperature decreases, so does barometric pressure, which seems to cause soft tissues to expand. In response to this soft tissue expansion, your nerves become more sensitive and your blood circulation worsens.

## So What can we do to help ?

1. **Keep exercising** ..this keeps our circulation good , boosts our immune system and stops us from tightening up . However, make sure you warm up properly as cold muscles are more prone to injury .
2. **Wear lots of layers...** and If you go outside ,wear a hat and scarf. We need a huge supply of blood to our brains, so keeping the head and neck warm really makes a difference . Wearing gloves and warm socks to keep the extremities comfortable will also help.
3. **Hot drinks and meals** ...we need fuel to keep warm, so make sure you are eating good nutritious food eg. Soups, stews, porridge etc . Take Vit C Zinc & Vit D supplements ,or just a good Multivitamin to help our immune system .
4. **Extra blankets on the bed..** particularly on your legs and feet, this will reduce the likelihood of cramps brought on by the cold as temperatures fall overnight .

## Covid Update

I will continue to limit class numbers , lay out floor markers , ventilate rooms, spray down surfaces before you enter class etc . In return, I ask that you do not attend class if you have Covid. Also, if you are feeling unwell please do not attend class unless you have tested negative for covid that morning .

Although not compulsory, Mask wearing may be sensible if Covid numbers continue to rise into winter, so please respect others if they are choosing to wear one, as some people are still extremely vulnerable.

### Golden Milk Benefits and Recipe :

Anti inflammatory, Boosts immunity, Aids Good Digestion, Regulates blood sugar

To make, heat in a pan : 1 large Mug of Soya/Oat /Almond Milk

1 tsp Ground Turmeric &  $\frac{1}{2}$  tsp Cinnamon then add Maple Syrup to taste .



**Have a great Month ...See you in Class ...Adele xx**

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