

Yoga with Adele Newsletter April 2023

Your Favourite Yoga Poses:

Thank you to all of you who sent me your favourite pose. I shall include the following ones in classes more often 😊

Joint 1<sup>st</sup> place : Half Moon pose & Bow

Joint 2nd: Plow, Hero & Crow

Other popular ones were : Pigeon, Shoulder stand, Sun & Moon Salutations, Twisting poses, Downwards Dog.

## BENEFITS OF FLAX SEEDS

- Mood enhancing
- Great source of fiber
- Antioxidant rich
- Healthy heart
- Lowers blood pressure
- Healthy joints.
- Healthy digestion
- Healthy hair
- Smoother skin
- Weight control
- Anti-aging

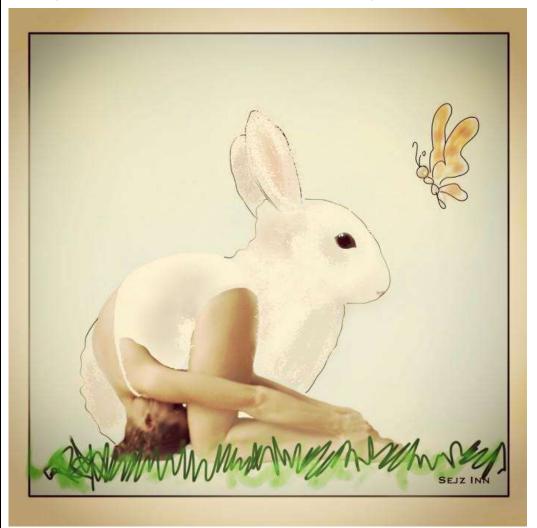
- Great source of Omega-3 Richest known source of lignans
  - Healthy hormone balance
  - Anti inflammatory
  - Immune boosting

1 Minute Daily Pelvic Floor exercise

Take a deep breath into your belly, then as you exhale, slowly draw upwards on your Tail, Pubic & Sit Bones, then relax. Rpt.8x

## Pose of the month : Hare pose

This pose stretches the neck and spine, increases O2 to the brain



and calms the mind. Use a blanket under your head to make it more comfortable. Move out of the pose slowly.

## Photo Competition

I shall be running my yearly 'Yoga Holiday Photos Competition' this summer, so send in your Yoga pics on your travels. Whether it's a 'Crow pose in Croatia', 'Pigeon pose in Peru', or 'Warrior pose in Wales'. The winning entry will receive 2 free Yoga classes.

You have until September 30<sup>th</sup> to get your pics in.

Grand Total for our EarthQuake Charity Fundraiser last month, with Gift Aid = £1,000.

Well done to everyone who helped raise such a great amount.

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