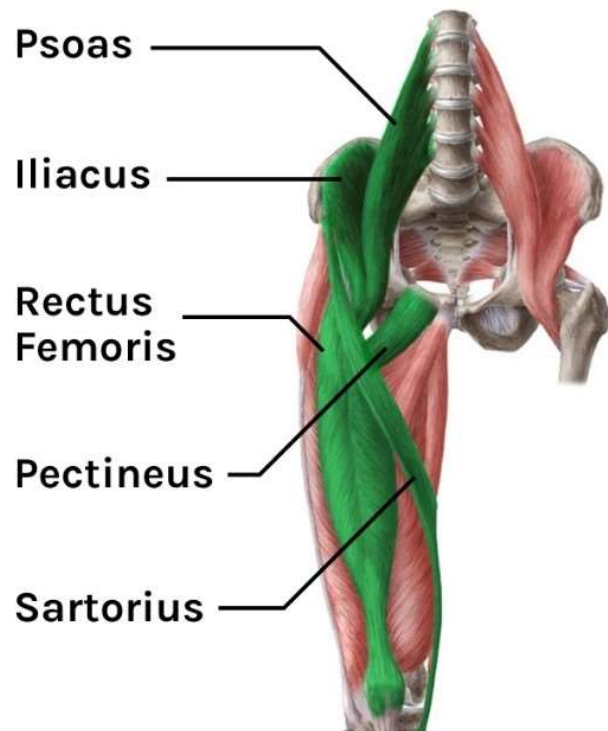


Yoga with Adele Newsletter June

The Hip Flexor Muscles:

There are several muscles which make up our 'Hip flexors' and it is important that you do a variety of different stretches for them, to see which work best for you.



If you are seated for long periods during the day [ie; more than an hour] then ideally you should stretch them daily, especially if you are prone to back, hip, or knee pain.

Some of the Yoga poses that stretch the Hip Flexors include:

Simple Lunges, Hero, Cosmic Dancer, Stargazer, Warrior poses, Camel, Bridge and Bow.



Follow me on Facebook for regular updates and posts : www.facebook.com/yogawithadele1/

My 2 week Summer Break: Holiday Dates.

The last class will be on
Wed 28th June 6.30pm and
we will start back on
Thursday 13th July at 12
Midday



USE IT OR LOSE IT

A study shows convincing evidence that the loss of muscle that generally occurs in adults around the age of 40 has more to do with lack of use than aging alone.



I will be running a 'One Off' Yoga with Weights taster class on Tuesday June 13th at 10am in Sharnford for anyone wanting to try it out.

Booking as normal via *Gymcatch* .

Pose of the Month : Hip 90/90 stretch

Great for improving hip mobility and releasing tension in our hips. Practice slowly and smoothly and try not to twist your knees. The movement should come from rolling action of the hip joint.



10 Health Benefits of... Raspberries

1. Boost Immune System
2. Rich in Anti-Oxidants
3. Rich in Vitamin A
4. Normalise Blood Sugar
5. Burns Fat
6. Increase Red Blood Cells
7. Maintains a Healthy Heart
8. Helps with Anti-Aging
9. Anti-Inflammatory
10. Prevents Cancer



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Have a great MonthSee you in
Class....Adele xx