

Yoga with Adele: December Newsletter



Christmas Class Dates

Last classes will be on Friday 22nd December.

We will start back from Wed 3rd January.

Class Timetable for 2024

Mon 10am Barwell: '50+ Functional Fitness'.

📐 You will need a yoga mat, a pair of hand weights and a small 🊄 towel for this class.

Mon 6.30pm: Barwell, Yoga mixed level

Tues 10am: Sharnford, Yoga mixed level

Wed 6.30pm: Barwell, Yoga & Yoga with Weights

[alternating weeks]

Thurs 12 Midday: Market Bosworth, Yoga mixed level

Fri 10am: Sharnford, Yoga mixed level

in a world where you can be anything.....

Be Kind

Pose of the month 'Wind Release Pose'

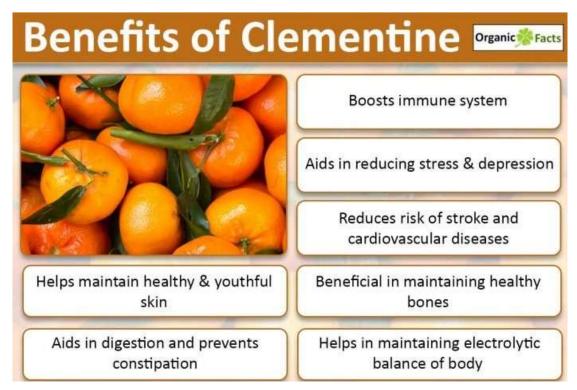


You may laugh at the name, but this is one of the nicest poses you can do.

This pose is great for the digestive system, relieving bloat and discomfort and is also great for lower back tightness,

it's a really nice way to stretch the whole spine.

To modify, you can place a cushion underneath your head.



Wishing you all a wonderful Christmas & Happy Healthy 2024