

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.

Benefits of Clementine		Organic Facts
	Boosts immune system	
	Aids in reducing stress & depression	
	Reduces risk of stroke and cardiovascular diseases	
	Helps maintain healthy & youthful skin	
	Beneficial in maintaining healthy bones	
	Aids in digestion and prevents constipation	
		Helps in maintaining electrolytic balance of body

Wishing you all a wonderful Christmas & Happy Healthy 2024

Adele xx