

Yoga With Adele January 2024 Newsletter

YOGA & Fitness Class Timetable 2024

Mon 10am Barwell, 'Functional Fitness for over 50's' : In this class we use Yoga poses and Dumbbells to work on our balance, mobility, muscular strength, bone density, cognitive movement, grip, sensory systems and pelvic floor,

Mon 6.30pm Barwell, Yoga.

Tues 10am Sharnford, Yoga

Wed 6.30pm Barwell, Yoga with Weights/Yoga [alternate weeks]

Thurs 12 Midday Bosworth, Yoga

Fri 10am Sharnford, Yoga

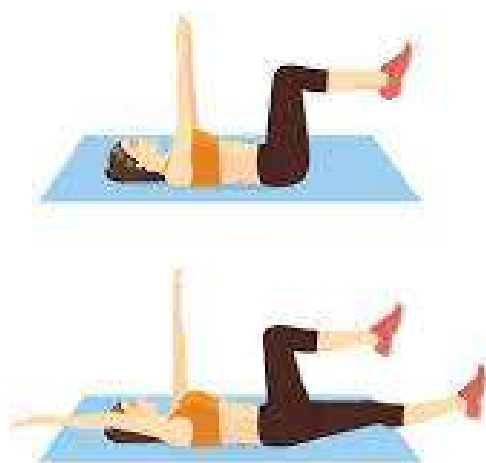
NEW YEAR - OLD CLIENTS

Did you used to come to my classes but haven't been for a few years ? Have you thought about returning ? Previous clients are always very welcome to return to class regardless of how long it's been and January is a great time to re-start as we will be taking it easy for the first couple of weeks.

If you are still concerned about Covid, rest assured I still spray down the rooms before each session and class numbers are limited so everyone is well spaced out.

Just drop me an email if you would like to come back and I will send you all the info you need 😊 yogawithadele@live.co.uk

Pose of the Month : Bug Pose



One of the best core/back/abdominal exercise you can do.

Begin simply by moving opposing arm & leg out from the body, one diagonal at a time eg. left arm & right leg keeping the movement smooth and slow and maintaining contact with the back body to the floor. Breathe slow and deep and gradually increase intensity by lengthening levers or adding dumbbells.

New Year -New You ? Utter Poppycock !!

I have always loathed this saying, as it puts an unrealistic pressure on us to some how 'Fix ourselves' for the year ahead and inevitably leads to failure and feeling deflated .

So, if you want my advise on how you can 'improve yourself' then the easiest and most beneficial thing you can probably do is to simply decide you will drink more water every day ...I know you are probably thinking "I know this already" , but are you honestly doing it ? Every day?

Being properly hydrated has the following benefits :

Improves our skin, reduces food cravings, reduces inflammation & all types of pain including headache, joint and muscular, better

gut health, better cognitive function, improves immunity and increases the general health of all our cells.

Aim for at least 1 to 1.5 litres over the day.

What is D.O.M.S.? 'Delayed Onset Muscle Soreness'?

This is the 'Sore' feeling we sometimes get after we exercise, here are a few facts about it:

1. Normally occurs between 12 and 48 hours after exercise, and can last up to 72 hours.
2. It is caused by minute 'Micro-tears' in the muscle fibres during exercise that then become inflamed and is nothing to be concerned with, unless it lasts more than 3 days [which suggests you have maybe 'overdone' your training].
3. It can be quite painful, but the best way to treat it, is to move about again to gently warm the muscles & loosen the tension.
4. Making sure you are properly hydrated before/after & warming up properly before exercise can lessen the discomfort, as can soaking in Epsom Salts [add $\frac{1}{2}$ pint to your bath].

However, even the fittest person

can still get D.O.M.S if they are doing a 'new' exercise, or working at a greater intensity to normal.

It simply means your body is getting stronger and some of us learn to love the feeling 😊

Have a great month „See you in Class ...Adele xx