

Yoga With Adele Newsletter

December 2025

It's been a while since my last newsletter and I'd like to start by saying a big 'Thank-you' to all those who that have offered support or sent kind messages since my husband had his motorbike accident back in August.

Honestly, 2025 has been a truly awful year with one thing after another and there are still some obstacles to overcome, so I really do appreciate your patience and support with class disruptions.

I'm aware that it's been a rough year for many people and if I was to offer any words of advice for getting through the 'Tough Times' it would simply be this:

"Take it one day at a time and just keep yourself busy working through that 'To do' list".

Taking 'Action' really has been my saviour, the 'little wins' everyday of simply getting on with what needs to be done.

YOGA HOLIDAY DATES

As most of you know, I am hoping to move house in the coming weeks and, although I'll do my best to avoid cancelling classes there may be a few additional days when this isn't possible. As always I'll try to give plenty of notice.

Last Yoga Class will be on Fri 19th Dec
Classes re-start on Mon January 5th 2026

Class timetable for 2026:

Mon 10am Barwell 50 + Functional Fitness. You will need a pair of Hand weights and a Towel for this class.

Mon 6.30pm Barwell Yoga

Tues 10.30am Sharnford Yoga

Wed 10am Stapleton Yoga & Yoga with Weights on alt. weeks

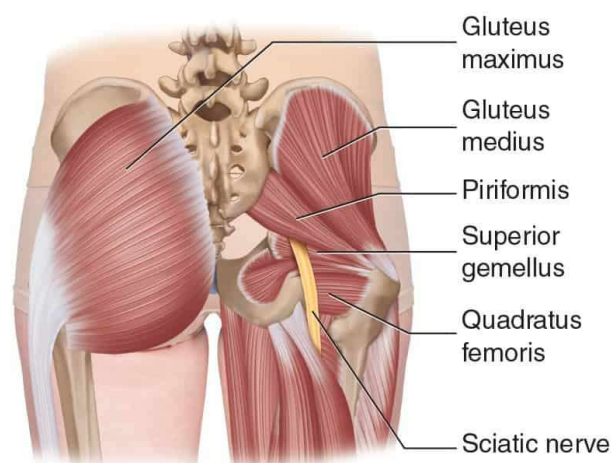
Wed 6.30pm Barwell Yoga & Yoga with Weights on alt. weeks

Fri 10am Sharnford Yoga

Pose of the month: Outer Hip & Piriformis stretch

Sciatica is a debilitating condition that can come on suddenly or gradually and lead to pain in the form of a dull ache, tingling or sharp stabbing, either in the hips, glutes or down the legs. It is often caused by the piriformis muscle pressing on the sciatic nerve.

These stretches can help to ease the pain, as well as prevent it.



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Yoga Pose Photo Competition

Better late than never 😊

Send me your Holiday Yoga pics, whether they are from your summer holiday this year or from the upcoming festive season and the best 2 will each receive a free Yoga class and a goody bag.

Entries close Jan 4th 2026.

Simple ways to stay 'Zen' over Christmas

1. **Don't forget to drink enough water** I know I harp-on about this, however we need it more than ever this time of year as we are often eating and drinking different things to our usual diet. It's a known

fact that spending extended time in dry heated houses can be a cause of dehydration. This change can play havoc with our digestion.

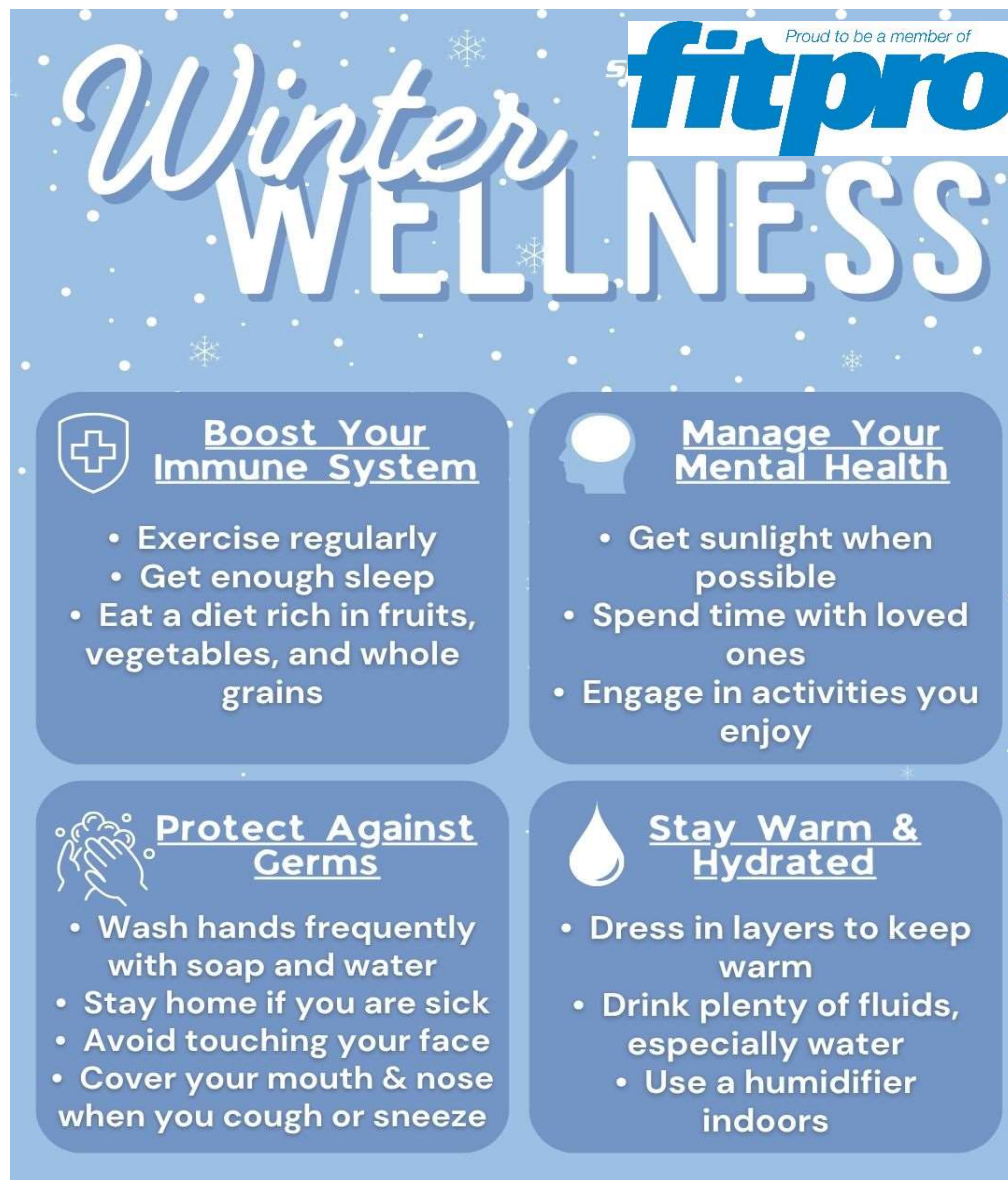
2. **Stimulate your Vagus Nerve** Singing, humming, dancing, laughing, exercising & breathing exercises all help to keep you in 'Thrive Mode' rather than Fight Flight & Freeze !

3. **You love Christmas?** The actual day goes by quickly so cherish the little moments and try not to get lost in all the preparation and work.

4. **Not a fan of Christmas?** Take time out for yourself to avoid unwelcome stress when you need to. Try not to feel guilty for not wanting to get in the festive spirit.

[Easter eggs will be in the shops in no time and Spring is the light at the end of the tunnel 😊]

5. **Prioritise Sleep** This is so important as it will help you remain calm and energised. [Taking Magnesium an hour or so before you got to bed can really help with this]



The infographic is titled "Winter WELLNESS" in a large, stylized font. To the right of the title is the "fitpro" logo with the tagline "Proud to be a member of". Below the title, there are four blue rounded rectangular boxes, each containing an icon and a list of tips:

- Boost Your Immune System** (Icon: Shield with a cross)
 - Exercise regularly
 - Get enough sleep
 - Eat a diet rich in fruits, vegetables, and whole grains
- Manage Your Mental Health** (Icon: Head with a brain)
 - Get sunlight when possible
 - Spend time with loved ones
 - Engage in activities you enjoy
- Protect Against Germs** (Icon: Hands being washed)
 - Wash hands frequently with soap and water
 - Stay home if you are sick
 - Avoid touching your face
 - Cover your mouth & nose when you cough or sneeze
- Stay Warm & Hydrated** (Icon: Water drop)
 - Dress in layers to keep warm
 - Drink plenty of fluids, especially water
 - Use a humidifier indoors

Wishing you all a
wonderful
Christmas and
Happy Healthy
New Year

See you in Class

Adele
xxx

Website : www.yogawithadele.co.uk