



# *Newsletter May 2022*

Amenia Yoga - a Place for Wellness

*The cozy little studio with a big heart*

**There are tons of opportunities for yoga in May!**

**It's Osteoporosis Awareness and Prevention Month!**

***How well do you know your bones?***

If you think Osteoporosis is a disease reserved for "old age" think again. According to the American Bone Health Organization, globally, 1 in 3 women and 1 in 5 men over 50 will experience a fracture due to Osteoporosis. We want to prevent these fractures, that's why, this May, we're focusing on it every day! More information on the next page!



**Teacher's Appreciation Week**

**May 1 -7**

**National Nurses Week**

**May 6-12**

**We're supporting these heroes with free yoga classes. Be sure to tell the nurse, or teacher in your life about these classes!**



***This Month features  
Tori Alexander!  
Find out  
Why!***



## Newsletter page 2

### Amenia Yoga – a Place for Wellness

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## Meet *Tori*

*she's featured this month because she's been at Amenia Yoga the longest- almost since we opened!*

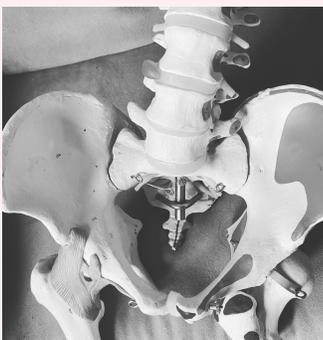
**Tell us about yourself:** I've lived in Amenia on Sheffield Road for almost 20 years, with my son Lucian Rex and my husband, Nathan, who has a construction company called Ecologic. I'm an author and researcher, but I also take care of our sheep and vegetable gardens.

**What got you started with yoga?** I'd been meaning to take up yoga for over a decade. I used to run every day and work out at the gym, but I didn't really take care of my body. This took a toll on my knees and my spine. I don't know how many times friends said to me, You should do yoga. I just couldn't imagine a fitness program that didn't make me sweat, so I put it off and put it off. Since I joined Sarah's class last

summer, I've found that just trying to balance on one leg really works my muscles.

**What differences do notice in your body?** I noticed an improvement in tone for muscles that I never thought about working. I feel more upright and somehow more in control of my body when I'm walking. My spine feels more pliable. I don't get neck aches anymore.

**Why do you continue to come?** I want to stay active, and I don't want to throw my back out while picking up a bale of hay. I think all over core strength and better posture will keep me from hurting myself. Sarah makes me take time to stretch and relax, which I never do on my own. **Thank you Tori! We're so happy you're here!**



Get to know your bones! Look for daily content on our Amenia Yoga FB Page, the FB Group Yoga & More for Healthy Aging (you can join if you're 40+), and the [ameniayoga.com](http://ameniayoga.com) website! We'll offer free yoga classes on ZOOM every Monday in May at noon EDT. Be sure to sign up on the Amenia Yoga Website!



# *Newsletter page 3*

## *Amenia Yoga – a Place for Wellness*

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### *Here's our schedule!*

All classes are 75-minutes long unless indicated otherwise.

**MONDAY:**

*7:00am ZOOM Rise & Shine*, Roll out of bed and onto the mat; yoga in the comfort of your own home. A nice practice to wake up your body for your day ahead.

*9:30 am In studio: Wisdom Yoga & More*, for people who have been experiencing gravity a bit longer than others, but not only because it's challenging for everyone!

**TUESDAY:**

*5:30pm In Studio: YIN Yoga*

**WEDNESDAY:**

*7:00 am ZOOM Rise & Shine*

*9:30 am In Studio Wisdom Yoga & More*,

*11:15 to 11:45 ZOOM Wheelchair yoga*

*2:00 pm ZOOM Tai Chi*,

*5:30 pm In Studio Hatha Yoga with Flow brings out your best!*

**THURSDAY:**

*5:30pm In studio Hatha Yoga – Gentle Yoga Class*

**FRIDAY:**

*7:00am ZOOM Rise & Shine*

*5:30pm In Studio Fun Flow*, a perfect way to wind down the week

**SATURDAY:**

*Come anytime from 9:00am to 11:00 Saturday Health Circuit In Studio* Fun with hula hoops, jump ropes, weights, toning bands, balls and straps! Get your heart rate going and muscles toned.

**SUNDAY:**

*9:00am In Studio Flow with challenges*

Specialty classes on ZOOM

*Yoga & More for Healthy Aging* Mondays at 12:00

*Yoga & Pilates* Wednesdays at 12:00

We also specialize in Private classes and small group sessions

**Need more info? contact [info@ameniyoga.com](mailto:info@ameniyoga.com)**

**On Mondays in May, don't forget to go to our website,  
[ameniyoga.com](http://ameniyoga.com) and sign up for the free ZOOM Yoga  
classes at noon EDT!**