



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!



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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 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!



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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: YINYoga

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@ameniayoga.com

**On Mondays in May, don't forget to go to our website,
ameniayoga.com and sign up for the free ZOOM Yoga
classes at noon EDT!**