



# Newsletter June 2022

## Amenia Yoga – a Place for Wellness

*The cozy little studio with a big heart*

### There are tons of opportunities for yoga in June

**June 19 is Father's Day!** The week leading up to this special day for dad is Men's Health Week – June 13–19! It's time to get men on the mat! All men should practice yoga! Besides building strength and increasing flexibility, it reduces stress, improves sleep, and boosts digestion! It also teaches you to accept challenging and uncomfortable situations and work through them with patience and consistency, a lesson that extends far beyond the yoga mat. Unfortunately, some men have a habit of not taking good care of themselves physically and emotionally.

In the June issue of *Natural Awakenings*, Michael Reichert, director of the Center for Boys' and Girls' Lives, says that boys are born as emotionally expressive as girls. But, they grow up not expressing emotions because of social constructs and cultural norms that dictate how they should act. Yet, human beings are supposed to express feelings; yoga might be the actual practice to encourage self-expression. All the more reason to get more men on the mat! We have a special gift for men new to the practice! From June 13 to June 19, one week of unlimited yoga classes for men new to Amenia Yoga – \$27. Contact: [info@ameniyoga.com](mailto:info@ameniyoga.com)

Not one of us is above human emotions, and the recent school shooting leaves people feeling sad, angry, depressed, and afraid. We care. Yoga and meditation are ways to mindfully process our feelings, allowing us to notice how our sadness feels in our heart and how anger feels in our gut. Taking time and space to process our emotions empowers us to regain our sense of balance to help us move forward and channel actions toward change.

**June 21, is International Yoga Day, and the summer solstice.** Stoke up your inner fire and salute the sun!

Last year, on this day, *Yoga Gives Back* efforts around the globe supported India, which at that time was struggling with covid. We participated with our grand opening on Memorial Day weekend with two donation-based yoga classes. Unfortunately, both days that weekend were rained out! :(



*This Month  
features  
Nancy  
Nowak!  
Find out  
Why!*



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### *Meet Nancy!*

*she's featured this month because she's the first person to take 50 classes! That means she has a consistent practice, and we need to celebrate!*

**Tell us about yourself:** I grew up in Amenia. and graduated from Webutuck. I have two grown sons, Zachary and Andrew, and two grand children, Konrad and Maggie. My husband, John and I moved to Florida where I taught in the School District of Palm Beach County until I retired in 2017. We happily moved back to Amenia.

**What got you started with yoga?** I was curious about the practice, so I went to the first free community class on the lawn of the Town Hall last summer. Yoga works for me because it is a directed, group activity. Other types of exercise have not captured my interest. Attending class with my sister helped me to commit, and I also pay in advance which supports my

**Have you noted any differences, and what are your goals?** My balance and coordination have improved. and my goals are to increase strength, coordination, and balance. Yoga helps me progress toward all these goals.

**Why do you continue to come?** I love the way my body feels, and I want to be able to ride a bicycle again and yoga is bringing me closer to that goal.

*Thank you Nancy! We're so happy you're here and we're looking forward to celebrating 100 classes!*

Happy Birthday!

Amenia Yoga - a Place for Wellness is celebrating one year! We opened our doors, after our rained out weekend, with a free class offer. Our first free yoga class was on May 31, 2021. Before that we worked for a couple of months preparing for opening day! Some of the pictures on the next page show our work and progress!



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*Before*

*Once in a while, you get shown the light  
In the strangest of places if you look at it right -  
Robert Hunter*

*I saw enough light to make an offer.*



*Decisions*



*friends make it easier*



*not quite the color*



*NOLA, the Yoga dog arrives, and gets right into Down Dog*



*Done, except for the curtains. So after waiting nine months for them, I canceled the order. And ordered these. Sustainably sourced, ethically made in India with recycled women's saris, and not one is like another!*



*Hope you enjoyed our June 2022 Newsletter!  
Remember, Every day is a great day for Yoga!*