



Newsletter August 2022

Amenia Yoga - a Place for Wellness

The cozy little studio with a big heart

Breath

We breathe in and out about 17,000 times a day without thinking. Although our nose sticks out of our face, it's much more than an appendage. We seldom contemplate how fundamental proper breathing is to our health and it starts with the nose.

Yoga classes are great places to consider breathing and focus on how it can change our nervous system. I often give breathing exercises that participants can also use at home and work. It's essential to understand why we do them!

Breathing correctly has many benefits: besides feeding our brain to enhance mental clarity, it reduces stress, improves organ function, aids sleep and digestion, and reduces inflammation. Using oxygen more efficiently is the goal, and our overall health and well-being depend on correct breathing. In his book *Breath*, James Nestor says, "We are the worst breathers in the animal kingdom"!

What are we doing wrong?

We breathe too much, too fast, and too high. We don't need to breathe like that to get enough oxygen; just the opposite happens - vasoconstriction and bronchoconstriction. It leads to more incorrect breathing and builds-up chronic stress leaving us feeling wired but tired. Correct breathing isn't about pumping our bodies full of O₂, but about making sure we absorb O₂. For that to happen, we need to manipulate CO₂; it's about healthy exchanges.

How do we get it right?

Besides shutting our mouth (noses are for breathing, mouths are for eating), we need to take a different look at CO₂ and stop considering it a villain. We've seen movies where first responders have panicky people breathe into a paper bag. Fast breathing purges off CO₂, so by using a paper bag, they breathe it back in.

O₂ = good; CO₂ = good.

The key is balance, and proper breathing ensures this balance. Our health depends on it! Continued on page 3.

Starting Saturday August 6 @10 am we'll have a ball! Come for a challenging and beginner-friendly great Stability Ball workout!

Fusion Yoga with free weights starting in September! Let your fierce warrior shine through!



This Month features Alexandre Da Cunha Find out Why!



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Alex shows how easy it is to jump out of bed and join a ZOOM class!

Join us every Mon, Wed and Fri @7 am EDT!

joined in. I loved the classes straight away and really enjoyed them from day one. I have been doing yoga since then.

Was it hard in the beginning on ZOOM and what were your challenges? ?

No, not at all. Like many other things in life which sadly became remote; I quickly got used to the new routine of going to class on the screen. Somehow, for me it is easier to commit to a class on ZOOM than having to go to a place and deal with other distractions. Also, there is something more private as if I am opening my home to yoga practice.

I guess the biggest challenge is to trust that you can learn and engage with the practice properly. But I feel that I have improved so much, committed to the practice and was well instructed by Sarah who always makes sure I am doing the right poses, not forcing anything and so on. In two years I have never had any injuries for example. It is pretty amazing what Sarah does through the cameras following every movement.

(aw, thanks Alex)

Why do you keep practicing?

Because I love yoga, It became part of my life and it has a huge influence on my well-being and mental health. Now that I am travelling again through work and tend to spend some time abroad; I manage to keep the practice from wherever I am and I love that.

Why do you keep practicing?

I was initially traveling and doing yoga, and that was amazing! Then the travels became more intense with different time zones and the times didn't quite work, plus I was in remote paradise places in Brazil so It was the first time since the beginning of my practice that I had a break.

Meet Alex!

He's been my friend for over two years, but I haven't met him yet. He started yoga during the pandemic with me via ZOOM while I lived in Italy, and has been taking classes a couple times a week since then - except for two small breaks! The first while my schedule was erratic as I moved back to USA, and the second while he was traveling. Alex is a Brazilian artist and has been living in London for over ten years!

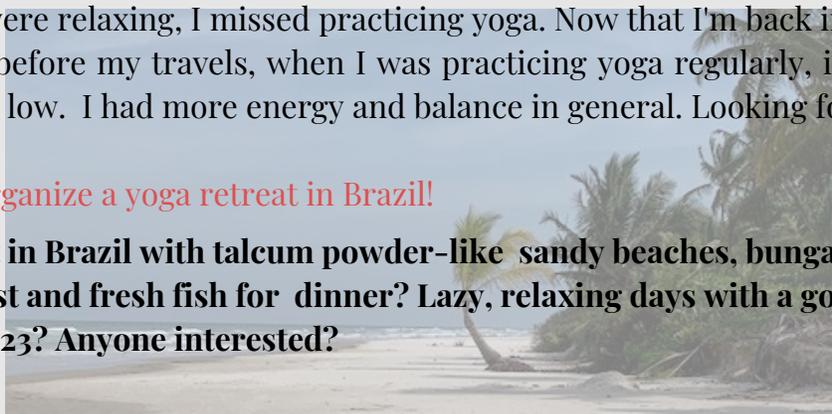
What got you to start yoga during the pandemic?

At the beginning of the pandemic and severe lockdown in London I felt that I needed to exercise without relying on a daily walk to the park. A dear friend of mine introduced me to Sarah and her ZOOM classes (back then from Italy) and I



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Although these beaches were relaxing, I missed practicing yoga. Now that I'm back in London I can't wait to start up again! Although before my travels, when I was practicing yoga regularly, in London, I felt calm, I slept well, and my BP was low. I had more energy and balance in general. Looking forward to my next class and my routine!

Thanks Alex! I'd love to organize a yoga retreat in Brazil!

How about a yoga retreat in Brazil with talcum powder-like sandy beaches, bungalows on the beach, tropical fruit for breakfast and fresh fish for dinner? Lazy, relaxing days with a good read and yoga on the beach. How about Feb 2023? Anyone interested?

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CO₂ is one of the most misunderstood gasses around. Since we inhale less than .05%, we don't get it from the atmosphere. Instead, our bodies make it from metabolic processes, and then we exhale about 4%.

Everyone focuses on O₂; it's fundamental for our bodies to work well, but all healthy bodies will always have plenty of O₂ in the blood. After my Breath Coach course, I bought an oximeter to test this out, and it's true. No matter how I breathed or what I did (yoga, running, biking, sitting, lying down, eating, holding my breath), my oximeter showed everything was Ok - perfect blood O₂. It remained about 97 and 98.

Remember being a kid and diving in a pool, 12 feet down to grab a ring? Remember coming up and gasping for air, thinking we're dying? Our breath hunger resulted from our low tolerance for CO₂ and not the lack of O₂. So, O₂ in the blood isn't an issue. The issue is getting O₂ from the blood into the brain, cells, tissues, and muscles that need it. CO₂ makes it happen. Manipulating CO₂ with breathing and building up more tolerance for it ensures the proper balance of these gasses. It is one of the healthiest things we can do for our bodies! Why?

Here is what CO₂ does for us:

It's a vaso dilator. It helps the blood flow more smoothly, which helps reduce BP. This allows the heart not to work as hard to get its job done.

It's a broncho dilator. CO₂ opens the airways of millions of people with obstructive breathing, allergies, and asthma.

It allows for O₂ absorption. We can think about this using iron, for example. We may get enough iron from our food, but to ensure we absorb it, taking Vit C at the same time is a good idea. It is the same thing with O₂; there is always plenty in our blood; to ensure it gets to cells and active muscles, we need CO₂. Imagine little gates (CO₂) that have to open to release O₂.

There are many reasons to increase CO₂ tolerance, and besides all the reasons already stated, it can enhance our athletic performance -we'll be able to do any sport for longer without getting tired.

Breathing exercises are easy ways to increase tolerance. One simple and effective breathing technique to build CO₂ tolerance is triangle breathing. I use this often in my yoga classes. People who take classes at Amenia Yoga - a Place for Wellness know it well. If you know anyone who needs to reduce their stress and improve sleep while increasing CO₂ tolerance, tell them they can grab it free from my website under Products!

Remember: to absorb and use O₂ we need CO₂; both are good, and balance is what we need.

Happy breathing through your nose - all the time! Hope you enjoyed this newsletter!