



# *Newsletter September 2022*

## *Amenias Yoga – a Place for Wellness*

*The cozy little studio with a big heart*

### **Yoga is excellent for health at every age!**

#### **Let's start with school-aged kids:**

Yoga helps channel pent-up energy and can help connect to and express emotions assisting children to become mindful and aware of their actions.

The Dalai Lama said that if we teach every 8-year-old in the world meditation, we will eliminate violence from the world in one generation. I think yoga falls in that same category because kids learn to listen to their bodies and have compassion and love for what their bodies can do. Compassion and understanding start with each individual and flow out from their hearts.

There are well-established positive effects of yoga on mental health. Yoga in school can help kids learn together and have fun together as they fall in and out of postures laughing all the while! It's also a great natural strength builder!

A study in England found that ten-year-olds in 2014 were 20 % weaker and had 30 % less muscle mass than ten years olds of 1988. (Deep Fitness, Shepard and Yakovenko, 2021, page 5) Help!!!

#### **Teens:**

This group deals with many issues: self-doubt, insecurity, fear, social isolation, bullying, and self-deprecation, all while forming their personalities and mindsets about themselves. Yoga helps develop self-love, self-acceptance, and compassion.

#### **Adults:**

No adult in the world has ever imagined their life would be like it is today. Thanks, Pandemic. Yoga helps accept things we can't control, and yogic breathing helps overcome fear and anxiety.

***Starting Monday September 12, at  
5:30 pm join us for Fusion Yoga.  
Yoga, Pilates & free weights!***

***Don't forget Saturdays at 10 am  
for Stability Ball fun!  
(it's really fun!)***



***MEET  
Part  
of the  
CREW***



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### Amenia Yoga – a Place for Wellness

#### Older, Wiser Adults:

Time and again, studies show that yoga improves longevity, immunity, and healthspan. Healthspan is a recent word, added to the dictionary in 2018, and it's the length of time a person is essentially healthy- free from disease, not just alive! We all want to focus on and increase our HEALTHSPAN!

*Before going further, here's the takeaway: lifestyle, not genes, determines our destiny!*

I teach two classes for the Office of the Aging at a local library and a local church. The participants know that yoga isn't a bunch of 20-something white skinny women twisting themselves into pretzel shapes! They also know that with yoga, you don't need a mat; a chair will do! They are also reaping the benefits of consistent practice.

Let's meet some of them!

**Mary** comes every week, and she says that it keeps her flexible. She practices some of the poses and does some of the exercises at home! She knows the importance of consistency! So I can always count on her to be there early and in the first row! She's also noticed benefits in her hip.

**Ed**, who is 90, says that when he does yoga, it keeps his entire day going right! He does all the poses, whether they're in a chair or standing next to it. He's always there with a positive attitude!

**Sue** says it makes her feel good all over and helps her relax. Since she retired, she says she's not a morning person, but still, she's always there at 9:30!

**Helen** loves yoga and exercise. She keeps moving by walking and doing either yoga or some form of exercise every day! Helen says yoga helps her relax, and if she didn't do it, she'd be using a cane! So there you go; so glad to have her in class!

**Ynes** says, "I notice now how I am standing or walking as I tend not to stand up as straight as I should. I also discovered I have muscles that need to be used, and I need to work on my balance."

Yoga rejuvenates! It restores! Each member of the group says it helps with mobility! So if you have osteoporosis, an artificial hip, arthritis, COPD, diabetes, heart issues, or anything else, you can still do yoga! When yoga is accessible, anyone can participate.



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## Amenia Yoga – a Place for Wellness

If you know someone (everyone) who could benefit from yoga but doesn't feel like starting something new, ask them where they think they'll be in 6 months or a year from now!

Why wait until January to try something new? In many ways, September is like January; it's back to school with brand new notebooks and back to work with a clean slate ready to start new projects. It's the perfect month to make it your goal to start practicing yoga!

We have several classes that are perfect for newbies of every age! Monday and Wednesday mornings at 9:30, we have **Wisdom Yoga** that includes posture work, balance, and strength-building poses while increasing range of motion and flexibility! These classes can also be live-streamed.

Starting October 6, on Thursdays at 5:30, we'll have a **Gentle unwind** class that blends a gentle yoga practice with restorative yoga to help nourish and support the mind and body. The class will incorporate low-to-the-ground somatic movement to invite practitioners to explore what feels good to them. The last portion of the class will focus on gradually winding down with restorative postures, including using blankets, blocks, and bolsters to help offer the body a space to land. People who attend: wear what is most cozy and comfortable for you. Bring your favorite socks, and if you have a special comforting blanket, bring it along too. If not, we have plenty of blankets that are always clean.

You can expect the class to be on the mat with props and suggestions for their use intertwined throughout to increase your comfort and explore variations. No prior yoga experience required.

Soon, Amenia Yoga – a Place for Wellness will put Wisdom Yoga and Chair Yoga classes on YouTube. You'll find them on the Amenia Yoga Channel.

In the meantime, check your balance with this simple one-legged position called the Flamingo Challenge! Tree pose works the same!



***Balance on one foot for at least 10 seconds! 20 seconds is better! Scientific studies show that it's a predictor of overall health and longevity. No problem, if you're not yet at 10. With patience and practice you'll be able to in no time!***



*Hope you enjoyed this issue! Write to [info@ameniayoga.com](mailto:info@ameniayoga.com) if you have any comments!*