



Newsletter October 2022

Amenia Yoga – a Place for Wellness

The cozy little studio with a big heart

Restorative Yoga and Yin Yoga. Are they the same?

Starting Thursday, October 6, we'll be adding a new class, *Gentle Unwind*; it's Restorative and Gentle Yoga.

Since I've been mentioning this new offering to people, many often ask me the difference between the Tuesday evening Yin class and the upcoming Thursday Gentle Unwind Restorative class, and which would be better for them. There is often some confusion between the two, and that's understandable; I've been to many Yin and Restorative yoga classes, and even Yin teachers use Restorative poses, and we melt into Yin poses in Restorative classes. So let's think about the similarities and differences first:

Both are different from the most common types of Yoga.

Both are associated with slowing down the mind and body to cultivate nervous system resilience.

Both hold poses for a longer time: Yin poses are usually held for 3 to 5 minutes and focus on stretching the connective tissue, mainly the fascia. Up to ten minutes is good for Restorative poses focusing on the passive release, the melting down into complete relaxation with the release of the mind-body tensions.

Both cultivate introspection, body awareness, and the subtle flow of energy in the body.

Both use props: Yin to enhance the pose and prevent over-stretching and Restorative for supporting the body, ultimately allowing it to relax fully.

Yin is stillness, promoting self-awareness, growth, and improving circulation, with studies suggesting it reduces stress, improves sleep, and reduces inflammation to enhance well-being. Yin is based on Daoist/Taoist principles of living in harmony with nature. These principles are all about balance and organize concepts into Yin-Yang relationships. We know a bit about this because of the ubiquitous black and white symbol, each color precisely the same, with neither taking up more space than the other. Yin works with the fascia, the energetic chakras, and meridians (pathways for the flow of life force or Qi) of Chinese Traditional Medicine. Our fast-paced lives often cause blockages in these energetic pathways that might manifest in poor sleep, exhaustion, stress, etc. The Yin postures work on unblocking them to free up energy flow.

Yin complements the Yang of Yoga – the strength-building and faster-paced transitions that focus on core strength, muscle activation, muscle tone, and stamina. Just as everything on Earth needs night and day, our bodies need both. We need action; we need stillness.

***Don't Forget
Fusion Yoga.
Yoga, Pilates & free
weights!
&
Stability Ball Fun!
(it's really fun!)***



***Meet Noemí
Felicité Medina,
this month's
featured yogi.
Read about her
on page 3!***

New Schedule is on the last page



Newsletter October 2022 page 2

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Restorative Yoga, by definition, restores your body, restoring your mind and soul; it's a perfect practice for embracing a more profound sense of relaxation. Its roots are based on the disciplined teachings of B.K.S Iyengar and were made famous in the USA by Judith Hansen Lassiter, a renowned practitioner from whom I learned the importance of an extended savasana. She often has 20-minute savasana because, in our overstimulating world, that's just what our nervous systems need.

Studies have shown Restorative Yoga aids in healing, reduces anxiety and stress, and supports people battling cancer in dealing with depression. In our modern world of social media, gyms with 13 TVs, quick 10-minute workouts, overwhelming email in boxes, and constant text messages, our bodies need to restore our quality of life to protect us from burnout. Our bodies crave more stillness and the non-doing that deep relaxation and Restorative Yoga offer. Just imagine melting comfortably into a pose, feeling cozy with bolsters and blankets, and doing nothing for a while.

So when you feel your nervous system craving a balance and need to slow down, we offer these two choices: Deep stretching and deep relaxing. Yin on Tuesdays at 5:30 pm and ***Gentle Unwind*** on Thursdays at 5:30 pm taught by Caroline Robbins. Try both!

Gentle Unwind blends together a gentle yoga practice with Restorative Yoga to help nourish and support the mind and body. Classes incorporate low-to-the-ground somatic movement to invite participants to explore what feels good to them. The last portion of class focuses on gradually winding down with Restorative postures, using blankets, blocks, and bolsters to help offer the body space to land. People who attend: wear what is most cozy and comfortable for you. Bring your favorite socks, and if you have a favorite blanket, bring it along too! Otherwise, we have plenty of them.

You can expect classes to be on the mat with props and suggestions to explore variations.

No prior yoga experience is required.



Newsletter October 2022 page3

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Noemí started practicing at Amenia Yoga in March, and from day one she became an unlimited member, sometimes coming five times a week! Her middle name, Felicité is perfect for her, because she's always smiling, friendly to everyone, and everything is always great!

I asked her a few questions about yoga.

Tell us about yourself and why you practice yoga.

I am from Lima, Peru. I start practicing yoga there, so coming here, it was a familiar practice to follow. Yoga gives me time to unwind my mind after work and concentrate on my breathing, my posture, myself.

How long have you been practicing yoga?

About 25 years. On and off.

How do you feel after practice?

I feel more energized than before! If I practice in the morning, like I do on weekends, the practice is like my coffee during the week days of work. Morning classes wake me up and energize me, and I'm prepared for the day. If I practice after work, the classes relax me for the night.

You work in a bank and often have to close it. I know that you rush to get here, do you feel the classes are worth the rush?

Definitely worth!

What so you think of these classes?

I like them all. Different classes give me different satisfactions, for example: Yin Yoga, relaxes me. Yoga Fusion, makes me feel strong. And the Saturday's classes with the Ball are a blast! I'm looking forward to the new Thursday class! I think it's a great addition to the schedule

Thank you so much Noemí! We're glad you're here!





SCHEDULE

MONDAY:

7:00am. Rise & Shine Zoom and Studio

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

5:30 pm. *Fusion Yoga* with Pilates and weights

TUESDAY:

5:30pm. *Yin Yoga*

WEDNESDAY:

7:00am. Rise & Shine Zoom and Studio

9:30 am. *Wisdom Yoga & More*,

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

THURSDAY:

5:30 pm. *Gentle Unwind*, Gentle, Restorative

FRIDAY:

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

SATURDAY:

10:am, *Stability Ball* Come have a ball with us!

SUNDAY:

9:00 am. *Flow with Challenges*

Hope you enjoyed this Newsletter! Any questions, comments?
Please email info@amenia yoga.com