



Newsletter November 2022

Amenia Yoga – a Place for Wellness

The cozy little studio with a big heart

Nola in class

We start out with a some pictures of Nola in a few yoga classes.



Following are a few things we can learn from dogs!



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Be Present

All dogs have unique personalities, but all are 100% present 100% of the time taking advantage of every single second! That's what we should learn, and it sounds easy, but it takes practice. Rarely in the present moment, our minds are either remembering or planning things. Yoga is a great way to "join" the mind and body; the first way we do this is to pay attention to our breath and notice what's happening moment by moment. Another way is being with your pet; communication requires you to be present and feel.



Stay Curious

It's a sign of health in dogs, and also humans! Curiosity keeps our brains active and our minds open and observant for new ideas and possibilities. Sniff out possibilities and stick to it! It adds spice to life.

Take naps

If it's time for a nap don't feel guilty because sleep analysts tell us naps are great for our health. Naps help you reduce stress, increase stamina, improve perception and help with hypertension.





Play

Ball! Squirrel! Deer!

Run and Play every day! Play for the fun of it and reduce your stress, challenge your brain, and boost your creativity; when you share laughter, it breaks the ice, improves relationships, and fosters connection and community. It's the best medicine! George Bernard Shaw said, *"We don't stop playing because we grow old; we grow old because we stop playing."* To increase energy and improve your immune system get out and play!



Share

If you want to play with your ball, but your best friend is generous enough to share his frisbee, play with the frisbee! Take turns, and next time, you'll both play with the ball! You'll have a blast! So, join a game of frisbee!



Connect

Whether it's the family you were born into or the souls you've chosen to bring close to you, connection and belonging allow you to feel safe and protected, enabling you to give your best. Belongingness is a basic need. Studies have shown that simply petting a dog or cat releases oxytocin into your system to get that warm, cozy feeling. There is no end to the health benefits of being with a dog! Dogs value and stay loyal to a good friend. And we can also try to.....

Live the happy life! Be glad!

Be you! Don't hold grudges! Be happy to see people!

Don't forget that on Mondays, Wednesdays and Fridays at 7 am EDT we have yoga classes on ZOOM! You can grab the link and sign up on our website. We have different types of in-studio classes every day! You'll definitely find a class to suit your needs. Tell your friends!

*HAPPY
THANKSGIVING*

Hope you enjoyed this newsletter!

