



Newsletter February 2023

Amenia Yoga – a Place for Wellness

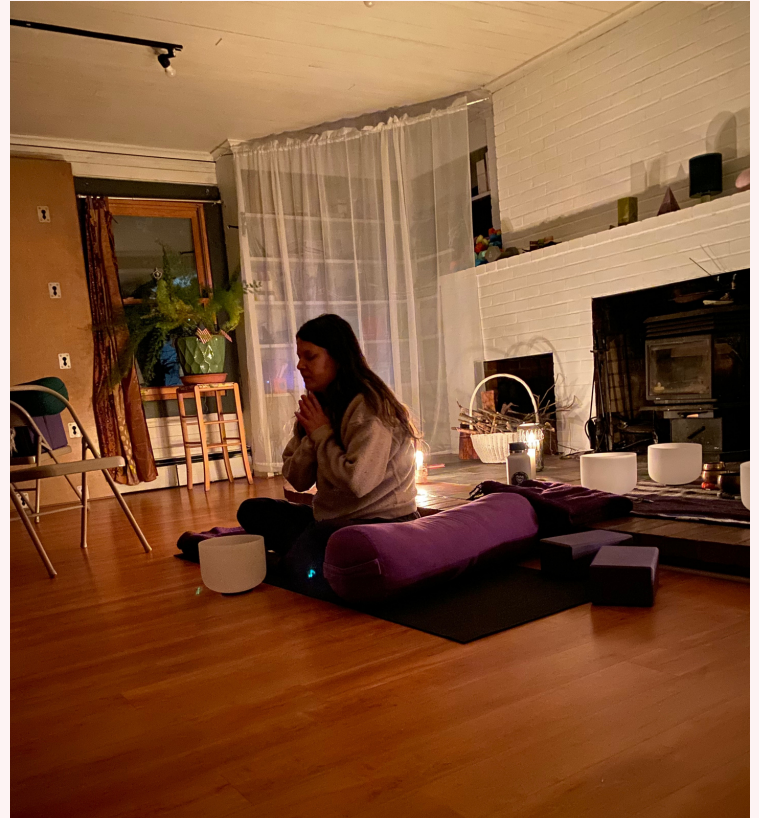
The cozy little studio with a big heart

People practice yoga for so many different reasons. Some people like to break a sweat, others find the meditative aspects more appealing, and yet others want a slower, more gentle pace, and we have a class for that:

Candlelight Gentle Unwind.

With her soothing voice every Thursday at 5:30 pm, Caroline Robins guides you slowly as you mindfully and purposefully explore gentle movements. *Candlelight Gentle Unwind* is for anyone who needs to step back and pause. The class lowers BP, stress, and anxiety, and we can feel it when our nervous systems need that.

Candlelight Gentle Unwind isn't a "senior" yoga class, and it's not a beginner class either. Since it's not limited to age or capability, many people benefit – people who want a more meditative experience, people



recovering from injury or joint replacements or those needing to slow it down. Its slow movements take your joints through their entire range of motion, improving flexibility. It also engages your mind differently than the more fast-paced classes because it encourages you to focus on movements and breathing as they happen. Some people who are always on the go and feel overstimulated might even find this class difficult; it might be hard for them to relax their minds and muscles and just let go.

The second part of the class is Restorative. Making time in a busy, overwhelming schedule for a once-a-week restorative class can help heal stress-related conditions. The muscles relax entirely with bolsters, blankets, and blocks, and by focusing on our breath, we shift into the parasympathetic nervous system



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and get out of overdrive. If you've ever held tension or emotions in an unhealthy way, you can discover how to release them in this class.

Outside of yoga, Caroline loves getting local coffee with her husband Jared and going on daily walks with her cattle mix puppy, Greta. Caroline graduated in 2015 from her interdisciplinary yoga teacher training focused on self-awakening yoga/vinyasa. She proudly holds certifications in Trauma-Informed Yoga & Trauma Sensitive Restorative Yoga. She's also certified in Accessible Yoga,

Wise & Strong is our weekly Friday class at 9:30 am. We're in it together to combat sarcopenia – decreased muscle strength, reduced muscle mass, and impaired physical performance. When we accept sarcopenia as normal aging, it robs us of choice and saps our vitality! Muscles grow when forces applied to them are greater than what they're used to, and in *Wise & Strong*, we rebuild our muscles using forces with resistance bands and body weight. For this specialty class, contact: info@ameniaiyoga.com

February 2023 Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT
Wisdom Yoga spinal mobility improve balance strengthen core move joints full ROM				1 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Yoga for Everyone	2 5:30 pm Candlelight Gentle Unwind	3 9:30 am Wise & Strong	4
Gentle Unwind gentle, peaceful movements and complete relaxation	5 9:00 am Yoga for Everyone	6 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Fusion Yoga	7 <i>Sold Out</i> 5:30 pm Beginner's Yoga	8 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Yoga for Everyone	9 5:30 pm Candlelight Gentle Unwind	10 9:30 am Wise & Strong	11
Fusion Yoga a bit more challenging with weights	12 9:00 am Yoga for Everyone	13 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Fusion Yoga	14 <i>Sold Out</i> 5:30 pm Beginner's Yoga	15 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Yoga for Everyone	16 5:30 pm Candlelight Gentle Unwind	17 9:30 am Wise & Strong	18
Wise & Strong great for post menopausal women. We build back muscle & strength	19 9:00 am Yoga for Everyone	20 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Fusion Yoga	21 <i>Sold Out</i> 5:30 pm Beginner's Yoga	22 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Yoga for Everyone	23 5:30 pm Candlelight Gentle Unwind	24 9:30 am Wise & Strong	25
Yoga for Everyone a class everyone can enjoy	26 9:00 am Yoga for Everyone	27 7:00 am Rise & Shine 9:30 am Wisdom Yoga 5:30 pm Fusion Yoga	28 <i>Sold Out</i> 5:30 pm Beginner's Yoga				

Contact: info@ameniaiyoga.com

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