



Newsletter May 2023

Amenia Yoga - a Place for Wellness

The cozy little studio with a big heart

REAL MEN PRACTICE YOGA

Because they reap the benefits



I have more flexibility and range of motion

My posture helps me breathe better
I feel Stronger!

I feel better overall

I have less back pain

I concentrate and focus more

Better circulation

It improved my golf game

I'm a better runner

I play tennis, and yoga works muscles on both sides, evenly *I get more done at work*

my doctor told me to take yoga for my blood pressure

I can get up from the floor

I'm at peace

The heart of yoga lies in ancient wisdom. Here in the USA, it's gaining popularity, even with men, who in 2022 made up about 28% of yogis, according to the Yoga Alliance and the Yoga Journal. Still, compared to women who practice, it's a small fraction.

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Although men benefit in numerous ways, some factors still hold them back from stepping on the mat.

One is the ubiquitous social media stereotype that causes misconceptions about the practice. Authentic yoga isn't about young white women twisting their bodies into pretzel shapes. But, of course, you need a body to do yoga, and yoga is for all bodies. The variations and props exist so everyone can find what fits them the best.

From personal experience, the main reason I've come across is some men think they need to be more flexible before they start. Fear about bending over and not reaching the floor plays a part for many of them. So, assuming they have to be flexible first is like saying, "I need to get rid of my stress before I can relax," or "I have to clean my house before the cleaning lady comes." More advanced doesn't mean more results; usually, new people or those less flexible notice faster results.

Some men prefer a higher-intensity workout and might think yoga is too easy. However, the men who practice yoga can debunk that one because, more often than not, yoga improves overall health, including cardiovascular, respiratory, and neurological functioning, and balance and coordination, more than going to the gym. Plus, some yoga poses and postures challenge even the best athletes!

Another reason I hear often is they might find it boring, and the poses useless. Yet, from improving muscle and bone strength to increasing flexibility and range of motion to reducing stress and tension, every asana benefits the body somehow. And, when people focus 100% yoga is anything but boring.

Almost ready to step on the mat? Here are a few reasons why men should.

Yoga Improves flexibility: men are usually less flexible than women, and increased flexibility reduces the risk of injury.

Balance and yoga: Men usually have a higher center of gravity than women, and practicing balance improves stability.

Yoga builds muscle strength and power in a balanced way on both sides of the body, using body weight. Holding poses also increases endurance.

Proper body mechanics and alignment improve breathing and posture.

Yoga reduces anxiety and stress. Stress shows up in many ways, and yoga helps build mental well-being and creates focus, clarity, and peace of mind. Breathing, in particular, lowers blood pressure and heart rate.

If NFL athletes are getting into yoga, it must be helpful; They find yoga improves their range of motion and stamina. In addition, breathing, body awareness, and focus are performance enhancers.

All you have to do is turn up, and you'll tune in.

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Yoga boosts confidence on and off the mat; it creates positive vibes, and regardless of age, yoga is the key to feeling alive and full of life!!

**The Gong bath with Rose Petruzzi was such a success, we're planning another one!
Full Moon Gong Vibes on June 3, from 4 to 6pm!**

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