Inspire

THE AIM QUARTERLY NEWSLETTER

Issue 2 • 2022

AIM TO EMPOWER

changing lives with yoga

Our mission is to renew wholeness through movement, presence, and self-study. We provide yoga classes free to participants, throughout the Lancaster, York and Harrisburg areas, in order to fulfill our mission.

July 2022

PROGRAM SCHEDULE

AIM Guides are busy this Summer—check out our ongoing programs!

More information at info@aimtoempower.org

Monday: Tempo Clubhouse, Lancaster Youth Intervention center ,YOGA at Buchanan Park for Everybody - all are welcome 5:30-6:30

Tuesday: Heritage Senior Center in Dover, York County, YOGA at Culliton Park for Everybody - all are welcome 5:30-6:30

Wednesday: Shaffner Juvenile Center, Lancaster County Office of Aging virtual chair yoga, YOGA at Rodney and Musser Parks for Everybody - all are welcome 5:30-6:30

Thursday: Arch St. Center, Lancaster Senior Center chair yoga at the Rec

Friday: Lourdes House in Harrisburg

COMING SOON:
Summer Enrichment program at SDOL: Elementary students beginning June 27th for 5 weeks of daily yoga Monday through Thursday.

Open Streets Lancaster: June 19th 11:00-3:00 PM

AIM Board Member, Greg Keasey

It's **Inspiring** to follow up the AIM to Empower inaugural May quarterly newsletter and exciting in so many ways. In fact, the feedback we have received has led the board to increase the cadence of the newsletter to bi-monthly. **Inspire** provides AIM an opportunity to reach the communities in which we guide yoga and share our mission and work so that everyone can access the benefits of yoga. My hope is that this newsletter will fall on the eyes and hands of those who recognize the benefit of AIM to Empower yoga offerings throughout Lancaster, Dauphin, and York counties and beyond. We hope you share this newsletter so that the AIM yoga outreach and program opportunities reach beyond your doorsteps and into the living rooms of your friends, neighbors, family members, and those most in need.

Inspiration of others through yoga is the cornerstone of the work AIM does throughout the community. I am especially **Inspired** and proud to share an important milestone for AIM: the decision to hire a program director to lead and continue our organizational growth. Are you someone who has a passion for making a difference in your community and helping others? AIM to Empower brings yoga programming and training to under-served individuals within our community, and we need a creative and diverse candidate to grow our programming. Be **inspired**, and apply today!

Student STORIES

Cassie & Faith

AT LOURDESHOUSE

What motivates you to go to the AIM yoga class?

Faith: A positive intention for the day.

Cassie: To relax my body on the mat and it really helped my pregnancy.

How long have you been practicing with AIM?

Faith & Cassie: Since March 2022.

What are your favorite poses in yoga?

Faith: Warrior Two. I feel it open all my muscles and stretch my body.

Cassie: I don't have a favorite and am open to learning and trying on all the poses.

Where do you go to the AIM class?

Faith & Cassie: At Lourdeshouse, either in the living room or the hallway.

Who is/are your teacher (s)?

Rebecca Bausinger and Cathy Wenner

How has practicing yoga impacted your health & wellness?

Faith: I feel it has benefited my mood for the rest of the day and week with a positive outlook.

Cassie: It puts me in a better mindset and loosens my body!

Both: It brings awareness to my body.

What would you tell a friend to motivate them to come to a yoga class with AIM?

Faith: It gives you a positive feeling, it takes away the negativity of what's going on and it's beneficial for my baby. It's a commitment!

Cassie: It helps me use the tools, especially in life off of the mat.

Lourdeshouse located in Harrisburg, is the only facility that provides specialized, comprehensive maternity care and residential services to women in need in South Central Pennsylvania.

The 16-bedroom facility houses up to 16 residents at a time. The clients are typically single women who have no family support, including homeless women or women coming out of prison.

Women can stay at Lourdeshouse throughout the term of their pregnancy and up to six months after the birth. Mothers and infants continue to receive support through the baby's first year.

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aimtoempower.org

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Featured GUIDES

Heidi Trecoske

Why are you passionate about teaching yoga with AIM to Empower?
I love spreading the feeling I get from yoga on to others and helping them reach their fullest potential on their yoga mat and out into their life. I love how you can implement yoga into your wellness wheel to help a lot of aspects of your life.

How long have you been a guide with AIM?
Since 2019. I started out when AIM was at a couple of different after school programs in the Harrisburg Area.

Where do you teach with AIM?
Schaffner Youth Center, Harrisburg, PA See featured program in this issue of INSPIRE

What elements of yoga are your favorite to teach, and why?
My favorite elements to teach are Grounding Meditations and many poses of the Journey Into Power. I love the way a student's face looks after they receive a pose that they have been trying to work on for a while – that "A-ha, I got it!" moment. The smallest adjustments lead to big change. I also like seeing how by implementing small change to the practice of Meditation and Asana, we can create a ripple effect in most of our students and watch them grow.

How would you describe your AIM students—who are they?
The students at Schaffner are youth in their Pre-teens or Teens that have gone down a road less traveled by other students their age. For one reason or another, they choose a life of unrest whether by family issues, criminal activity or just loosing their way in life. I believe they are good young adults who just lost their way in life, as we do from time to time. I believe they want to do good, but just need help finding their way back on the right path. That's where we help to facilitate with yoga, mindfulness, and self-inquiry.

What do you do to motivate your class at AIM?
Flexibility is key. One time the young men at Schaffner wanted to play basketball outside more than participating in yoga. I know bits and pieces about basketball, but not a lot and have never played myself. I asked my students to give me 30 minutes of yoga practice and in exchange I would have them teach me basketball and play with them. We were able to connect on a relatable topic level and I learned new things as well as my students did too. It was a cool "Student teaches the Teacher" moment. A complete "Full-Circle" Moment if you will.

How do you connect with your class, what do you do to develop those connections?
I start with a grounding meditation first and breathing exercises. Then I ask what is one thing that the student is grateful for in their week. And we have open discussion on those topics. Then we go into the Asana practice and flow.

How would you inspire people to attend your class?
I would ask the students to come into practice and just keep an open mind to viewing what a class looks and feels like. I ask my students when they start their practice, to just keep an open mind and just try on the poses. If they do not like it or do not want to continue with the practice, I offer the benefits for why they should try yoga that may relate to the. If after seeing the benefits of yoga and they still want to be a "No" for it, I ask they sit quietly on their mats and be respectful to those that want to try it on for themselves. Sometimes seeing others do it will just generate the inspiration to participate!

What would you tell a yoga teacher to encourage them to become a guide with AIM?
Do not be intimidated on showing up for the people in our community that need us! Sometimes a person does not know how to find their way in life, and we can help to guide them back on the grounded path. Now, more than ever our community needs us. Be open to helping from your trusted and guided self and you will do fine. Remember "What we do creates a ripple, so live simple" Root Shock (a local band from New York State that I follow).

Schaffner DETENTION CENTER

Every week AIM to Empower is at the **Herbert A. Schaffner Youth Center**, in Dauphin County, guiding yoga for dependent, pre-adjudicated and delinquent males and females ages 11-18. The **Schaffner Center** provides short-term shelter care, emergency care and short-term services in an open environment in accordance with the statutes and regulations of the Commonwealth of PA. The Center fosters the **physical**, **intellectual**, **social** and **emotional support** of the residents. It is designed to protect children and youth from abuse and neglect at the hands of others and from harming themselves.

AIM to Empower exists to change lives and change communities. Recently when yoga guide Lisa O. was asked how her sessions were going she replied... “It always depends on the day and the mix of kids. Just last week the girls were all holding hands in airplane pose supporting each other. AIM student Tanai said she wished there was yoga every day. And yes, the next week everything can change.

Recently two of the boys had just had terrible news... and the mood was super heavy as they came into the yoga session. But it was definitely much better after yoga. It’s absolutely my favorite thing to witness them go from angry, guarded and tough to just being kids”

AIM to Empower and its yoga guides are dedicated to serving the needs of the adolescents in the care of the **Schaffner Center**.