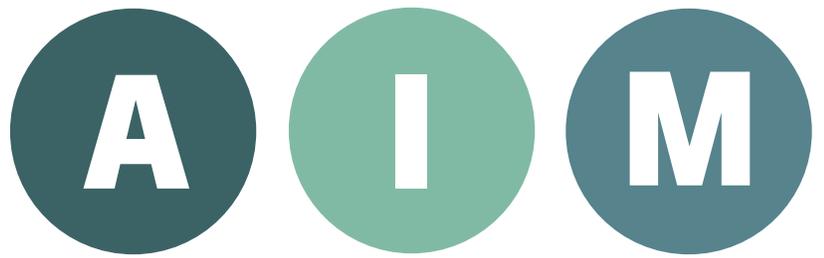


Inspire

THE AIM
QUARTERLY
NEWSLETTER

Issue 4 • 2023



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.

LET'S DO YOGA TOGETHER!

Bring a friend, your mat, it's Yoga For All!

Interested? Join us!

Know someone who might be interested?

Go to AIM's Facebook > Events >

"Share" the event!

Every Saturday | 12pm

Community Class at Evolution Power Yoga
Lancaster

Every Tuesday | 9:15am

Virtual Chair Yoga on AIM Facebook Live

Every Thursday | 9:15am

Chair Yoga at Lancaster Rec Senior Center
(ages 60+, free with free membership)

PROGRAM NEWS

CLASSES AT LANCASTER COUNTY PRISON HAVE RESUMED!

After just one class, 81% of inmates cited an increase of calm and a reduction in feelings of anxiety.

CLASSES AT ARCH STREET CENTER HAVE RESUMED!

Arch Street Center is a membership-based day program for adults living with serious mental illness.

NEW! USO VIRTUAL YOGA FOR MILITARY SPOUSES!

AIM has partnered with The USO's Military Spouse Program to deliver a series of virtual yoga classes. Interested spouses and servicemembers can sign-up through USO Liberty's FB page at www.facebook.com/USOPANJ

AIM Board Member, Angie Aldinger

Curious about the Challenge then and now!

The new year represents a time to reflect. It is a great time to reflect on my time with AIM to Empower and share where we have been, our journey along the way and where we are today. As Vice President of AIM to Empower I have spent the last 5+ years serving this board bringing the techniques of yoga to hundreds of individuals across York, Lancaster and Dauphin counties.

I can remember, many years ago lying on my mat, in pigeon pose, listening to a teacher tell stories of the people AIM was guiding. I listened to countless stories that would warm my heart and at the same time bring tears to my eyes. I realized this was a quiet call to action for me. How could I help? What impact could I have if I joined the board? What difference could I be a part of making?

I got curious about this journey. A stronger foundation to the board was built. We had goals. We had a plan. We had amazing people ready to do the work. And then....Covid 19....I will leave that right there.

The future look tarnished. We, like so many others, needed to shift to virtual guiding. But how? What did this mean? The organizations that we supported were floundering too. Struggling. Trying to find a way. What is important is that we stuck together. We knew and understand the mission of AIM. We believed in the board, the guides and, most importantly, the people we were guiding through yoga.

Today we are back in person. We are back in the prison. WE ARE BACK. The persistence and passion that the board, volunteers and the guides have to provide yoga to the community is untouchable. Our future is bright. As you enjoy our newsletter I hope you take a moment to reflect on what yoga has brought to you. And if you feel moved, reach out to us and volunteer. We are up to BIG things!



Voices OF AIM

AIM to Empower is impacting people in the central PA community every day. In addition to our yoga poses, Asana, we also practice the principles of Inquiry and Meditation—the letters in our name represent these fundamental source principles.

AIM student Wils Garber, who recently was accepted into two universities and loves writing, practices yoga with AIM. Wils shared an inquiry into “how people do not see yoga as something they should make time for, what it means to be productive, and how in the short amount of time I have been practicing yoga I have learned to love it -plus what it means to me and how it’s helped me.”



MY YOGA EXPERIENCE

By Wils Garber

Yoga, in many people’s eyes, is seen as something that is not necessary in daily life. Many who hear the word yoga look the other way to think about everything they could be doing to be productive instead. This mindset is more draining than people think and could be leading to further stress throughout your day to day life.

What exactly does it mean to be productive?

Productivity is defined by Google as “the effectiveness of productive effort, especially in industry, as measured in terms of the rate per output per unit of input.”

You may see this definition and believe it’s proving the point, but that would be analyzing it at surface level. “The effectiveness of productive effort” ties closely with “as measured in terms of the rate per output per unit of input.”

If you are not putting into your body what you are getting out of it, you will not be able to do more beyond going through life waiting for the day to end. You are not a product. Productivity was never meant to define how worthy you

are of being able to relax and enjoy the life you have to live, which includes activities like a yoga practice.

I have only been practicing yoga for a short amount of time, and in that time I have learned to love it. I try not to consider yoga as a necessity, but as something I look forward to in order to be more active, have a healthier lifestyle, and an improved state of mind which is an important bonus of yoga. Being present is a difficult mindset for some people. Many of us are focused on the past and a quiet room can amplify our thoughts. I am one of these people, but I have come to realize that yoga is about practice. When I finish after a yoga practice, I feel rejuvenated, like I have left all my troubles at the door to be focused on at a later time. It’s about listening to your body, working at your own pace, and working towards a brighter future.



SCAN NOW TO
DONATE & VOLUNTEER
aimtoempower.org

Featured **GUIDE**



Becks Eury

Why are you passionate about teaching yoga with AIM to Empower?

AIM to Empower represents what I stand for in caring about the wellness of our community. Teaching for AIM allows me to connect with individuals I would not usually work with in a traditional studio setting.

How long have you been a guide with AIM?

This is my one-year anniversary of teaching with AIM!

Where do you teach with AIM?

I have taught in various settings for AIM: Lourdeshouse maternity home, Lancaster Rec's summer program, and currently at Centerville Elementary School.

What elements of yoga are your favorite to teach, and why?

I can appreciate the dual facets of stillness in Meditation and Asana movements. The interplay of both Asana and Meditation in the same class is intentional. It offers individuals a chance to do things they may not have otherwise, like sitting with parts of themselves that need some love and attention and by moving their bodies in different ways to re-wire their brain's neuron pathways.

How would you describe your AIM students—who are they?

Currently, I teach yoga to elementary school students, third graders. My AIM students have been hand-selected by their teachers because of their emotional and self-regulation needs yoga affords them. It also cultivates mindfulness in their daily life.

What do you do to motivate your class at AIM?

We incorporate variety in each of the classes, with similar practice components each week. I have found that the students naturally look forward to yoga classes with me because they genuinely enjoy the foundational elements of our time together: breath-work, sharing our inner weather report, yoga-based games & Asana, and then ending with a reclining sound Meditation.

How do you connect with your class, what do you do to develop those connections?

To be able to connect with my class takes a lot of rapport-building and getting to know each of them as individuals. It was not easy to be a kid's yoga teacher at first. I had to learn some basic class management skills and different teaching approaches depending on the group dynamics.

In some groups I let them take the lead at appropriate points, while other classes follow along with my instructions. Overall, I'm still learning from them and seeking new ways to customize my classes to fit their needs.

What would you tell a yoga teacher to encourage them to become a guide with AIM?

I had to face my inner terror when starting as an AIM guide. Now that I've taught class enough times, I look forward to the opportunity to teach yoga to a population that brings me joy in sharing my time with them. Pushing past my doubt was totally worth it! If it feels right for you, too - Go for it!!!

AIM KUDOS



Linda Geist Hiney

Aim to empower offers a chair yoga class through Lancaster County Office of Aging. Great for loosening and strengthening muscles. Great teachers. Always encouraging. Been taking for a year. Real increases in flexibility and balance. Wouldn't miss it for anything.

4h Like Reply Message



Author

AIM to Empower

Linda Geist Hiney we are so happy to hear this Linda! It is so fulfilling for all our guides to learn of the impact of a dedicated practice! 😊 thank you for your share and keep up the good work!

4h Like Reply



Centerville ELEMENTARY SCHOOL



AIM to Empower recently partnered with Centerville Elementary School in East Hempfield Township, Lancaster County. Our classes began in early fall of 2022, and they happen once a week for two different groups. Currently AIM is guiding yoga, inquiry and Meditation with the 3rd grade students at Centerville, and the students really benefit from the practice of mindfulness. They tell us about how much calmer their inner weather is at the end of each session. The students are really happy to roll out their yoga mat and join in a practice every week.

GUIDE OPENINGS

SUMMER PARKS PROGRAMS

time to start pairing Guides & Parks already!

LANCASTER: (Past Guides get first dibs for Culliton, Rodney, Buchanan, Musser)

YORK: Weeknight flexible, 45 minute class, starting about 5:30pm or 6pm

HARRISBURG: Weeknight flexible, 45 minute class, starting about 5:30pm or 6pm

ALTERNATIVE REHABILITATION

CENTER / YORK: Weekly or bi-weekly, weekday flexible, 45 minutes between 3:30-6pm. Teenage boys. MALE GUIDE REQUESTED.

TEMPO CLUBHOUSE LANCASTER:

Bi-weekly, Fridays, 12:30pm

Interested in Guiding these or ANY program?

Have an idea for a new program location?

Contact Adie at development@aimtoempower.org

Tag us on Instagram @aimtoempower

Mention us on Facebook AIM to Empower

Hashtags you can include are #AIMtoEmpower and #AIM

Share your content with us! Send your AIM photos, videos, stories, etc. to communications@aimtoempower.org !