

## Road Home Power Yoga: A room with a new you

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Plymouth - On a misty gray, otherwise uninspiring Saturday at 7:30 a.m. recently, more than a dozen highly motivated students assembled at the Road Home Power Yoga studio on Tenney Mountain Highway to enjoy each other's company, the serenity of the studio and a richly rewarding workout under the quiet, steady guidance of popular local Yoga instructor Aimee Garrone.

In contrast to the November day, the studio is warm, vibrant, colorful and uncluttered. It is clear that Garrone is a person of considerable vision, who has transformed the space into a welcoming and comfortable environment in which to conduct her classes. "This is your space - your road to empowerment," says Garrone.

"This is a second home to me," says Melissa Burnell, who has been studying with Garrone for over three years at various locations before the new Road Home studio opened for business several months ago. "I come here to transform my life. It helps heal my relationships, heal my body and heal my outlook."

Garrone is full of encouragement and forgiveness as she shepherds her class through a strenuous yet gentle workout. While some of the students are practiced veterans, several are joining the class for the first or second time. Garrone takes the time to make sure that everyone can participate at whatever level is right for them.

She reminds students that it is O.K. to take time out and not to push too much. "You are not here to impress the teacher, says Garrone. "Remember, I'm not really your teacher. Trust the wisdom of your body to know what you need." While Strength, conditioning and stretching yield obvious benefits, it is not all about the physical dimension of the exercise. Students are urged to "wring out the stress and tension in their bodies", as well as get red of the "head trash" and the "heart trash". "Get all your angst out here, so you can walk out the door full of strength and full of light," says Garrone. "Then, if you go out there and do something with it, I know that I have done my job."

The entire hour and one half class is filled with spiritual and mental nurturing as well as physical instruction, emphasizing the union of heart, mind and body to a balanced, healthy life. "This is about entangling the conflicts inside ourselves," says Garrone. "The world doesn't need another battle. We need hope, union and the power of love to transform our community." The student at Road Home Power Yoga swear by the results. Susie Phee comes all the way from Gilford to attend the early Saturday morning class. "It's worth it because Aimee's class is inspirational, motivational and empowering," said Phee. "I leave with more confidence than when I came in. As a side benefit I get strong and flexible. This is a more relaxing form of yoga than others that I have tried. The way Aimee teaches, you don't have to worry. When some people think of yoga, they think you have to wrap yourself into a pretzel. It's not like that at all."

Adam Gilmanton attends classes four days a week. He describes himself as a "hyper rowdy" person, but says that the yoga has helped to "level" him out and calm him down.

Graig and Debbie Clark are a married couple who have been attending classes together since June. Former weight lifters, they say that the workout is better for their strength training and flexibility. They also say that it is good for their relationship to enjoy the practice together. Sissy Donahue from Waterville Valley says that she has studied with Aimee for over three years

and she credits the practice with completely relieving the pain of sciatica and helping her to recover from a rotator cup injury. “Also, as I get older I find that it is very helpful in improving my balance,” said Donahue.

The testimonials to Aimee’s teaching skill are heartfelt and generous. “Aimee’s class is amazingly energizing and eye opening,” says Rocky Mendes. “If you are open to having your day started in one of the most positive ways, then this is it.” The class concludes with a wind down of calm, deep breathing, meditation and reflection. “Be proud of our own higher consciousness. It’s what got you in the door,” says Garrone.

For further information and a schedule of classes for all ages and skill levels, call 536-2698.