



*This story was shared with us by Rosa Ruvio at our Bohemia location*

Rosa Ruvio, a Behavioral Intervention Specialist at our Bohemia location, has started offering a creative way for residents to relieve stress during the current pandemic - virtual yoga sessions! Rosa, who has been a certified yoga instructor for 6 years, offers 30-minute sessions four times a week to our Yaphank, Bay Shore, East Islip and Woodhull residences. Residents start each session doing chair yoga which features various relaxation poses and then Rosa asks everyone to stand and do some standing poses with the chairs.

So far, everyone is loving the yoga classes and they are looking forward to continuing their weekly sessions. At our Yaphank home, chair yoga has been a big hit. Residents have really enjoyed the new activity. Here are some of their thoughts...

"It was nice to get some exercise. I liked the stretching, especially reaching up towards the sky" - Alexis

"I didn't know if I would like yoga, but it turned out that I did. Rosa was very nice, and I liked that I could see her face and she could see us. I felt very stretched out and relaxed when it was over" - Ricky

"I liked doing yoga with Rosa. It's good to get some exercise, and to stretch." - Mark

Residents at our Bay Shore home also thought the yoga lesson was awesome! They all loved it and want to do it again!

Rosa really makes the sessions interesting and fun, allowing residents to stay healthy and enjoy something new.