



Summer Yoga

Starts May 30th!

See inside for full details!

Outdoor Yoga 7 Days a week!

Our Outdoor Summer Yoga is back again for a season of fun in the sun. Starting May 30th, Soma Cura will be offering outdoor yoga every day of the week (weather permitting). We are adding a few new venues plus bringing back some of your favorites from years past. This is a great opportunity to get out there and get your Om on while enjoying the beautiful Buffalo summer. We will be offering a variety of classes to meet all of your yoga needs. Come take advantage of your opportunity to get your dose of Vitamin D along with a challenging, yet accessible, stretch for your body and soul. If you have never tried yoga, this is a great place to start. Classes promise to be fun for all and will give you an opportunity to meet many of our Soma Cura instructors. Ask them anything you've ever wanted to know about yoga, they've got you covered. Our outdoor classes are a low committment way to introduce (or reac- quaint) yourself with yoga. Bring a mat or a beach towel and a bottle of water with you and we'll take it from there. Summer is fleet- ing, so join us (starting at the end of this month!) to get the most out of these summer days (and nights!)

What's the Buzz?

Did you know that our very own Sue Zinter, co-owner of Soma Cura, has her very own hive of honeybees? Sue has been cultivating honey from her bees over the years and even provides it for sale right at Soma Cura. When you buy Soma honey, you are not only supporting a local business, but you are reducing your carbon footprint by buying local product. The benefits of honey are nealy endless. Not only is it a sweet treat to add to food or drink, but it also contains antimicrobial properties to aid in healing and wellness. There's a reason you usually see honey as an addative to cough medicines. It's because it works. Pure honey can be as effective (if not more) than over the counter cough syrup. Plus, it doesn't contain all of the additives and colorings that mass produced cough syrups do. So not only is Sue's honey a delicious treat, but it can help you live your life just a little bit healthier. Sue's bees feed off a variety of local pollen so you know that you are getting honey right from Grand Island itself. Stop in to the studio today to check out our offerings. If you're lucky, you might see Sue, too!



More News Inside..

Member Spotlight

Meet Chris Cruz, this month's Soma Cura member

Smoothie Recipe

Enjoy Olympic smoothie at home

Meet our LMT of the Month

Get to know Olivia

Outdoor Yoga is Back!

See inside for the full schedule (and it is full!!)

Upcoming Events!

Check out all our excit- ing events coming soon!

Meet our Instructor of the Month

Get to know Kelly

Hey You!
Yeah, You! Keep
it up, you are
awesome!

Save \$10
on any \$100 purchase
Offer expires 9/1/2022

Save \$20
on any \$200 purchase
Offer expires 9/1/2022

Soma Cura Wellness Center
2154 Grand Island Blvd.
Grand Island, NY 14072

716-773-1369

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SOMA CURA PRESENTS: SUMMER OUTDOOR YOGA



Monday:

All Level
Yoga
w/Kathy
6pm
GI Town
Hall

Tuesday:

Yin Yoga
w/Sue
6pm
Niawanda
Park

Wednesday:

All Level
Yoga
w/Vanessa
6pm GI
Town Hall
Kid's Yoga
w/Ashley
6pm GI
Town Hall

Niawanda Park

Friday:

All Level
Yoga
w/Desiree
6pm
Canalside

Saturday:

All Level
Yoga w/
Elaina
10:30am
Nike Base

Sunday:

All Level
Yoga w/
Desiree
10:30am
Outer
Harbor

Sunshine not
your thing? All
of our in-studio
classes are still
going on all
summer long!

Plus

Join us for Pop-Up Meditation Walks with Sue
throughout the summer (dates/times/locations TBA)



Find Your Peace and Share It Yoga Teacher Training

Begins September 16th
Get details on our website
www.somacura.com

Visit us at our Open House to get all your questions answered

July 13th at 7pm
August 13th at 10am
August 24th at 7pm

HAPPY
FATHERSDAY

Father's Day Sale

\$79 - 60 Min Gift certificate

\$200 - 20- Class pass

\$75 - 5 Salt pass

UPCOMING EVENTS

MAY:

5/15 @1pm
**Sun Salutation
Workshop**

5/21 @4pm
**YTT Community
Yoga Class**

5/30
**Summer outdoor yoga
starts!**

JUNE:

6/4 @12pm
Bloody Mary Yoga Class

6/5 @12:30
Yoga for Runners

6/21
Summer Solstice Yoga

6/26 @1:30pm
Dog Yoga

6/25 9am
Kids Mindful Hike

JULY:

7/9 @ 5pm
Partner Yoga

7/10 @1:30pm
Cat Yoga

**Saturdays @ 4pm
Free Community
Yoga Classes**

Olympic National Spark Smoothie Recipe

9oz milk
1 oz spinach
2 heaping TBSP of fresh avocado
0.2 oz of fresh mint leaves
7 oz of frozen bananas
2 TBSP of organic maple syrup
1/2 tsp of vanilla extract
2 drops of mint extract

Add all ingredients into blender. Blend until creamy. Sprinkle cacao bits on top to make it a thin mint cookie taste.

Just like Olympic National Park, intense diversity in taste sensations of green



LMT of the Month
Olivia Sherman



I was always drawn to massage. Even when I was very young my family members would often ask me to massage their feet, scalp, neck, or shoulders. They always loved it and told me that I should pursue a career in massage. There have also been many instances where massage has helped me relieve sinus pain, stress, and muscle soreness. Flash forward to when I was a senior in high school, my guidance counselor asked me what I wanted to do after graduation. After exploring some options we discovered that NCCC had a massage program. That got my attention right away and I enrolled. As I progressed through the program I loved every part of it and knew that I was meant to do this with my life.

In my free time I love spending time with my family. I enjoy going for long walks with my husband in Youngstown, as well as in the many beautiful state parks in this area. I also enjoy canoeing with my Dad, kayaking, going for bike rides, and pretty much anything that involves being outside while the weather is nice. I'm looking forward to starting a garden outside of our apartment this spring.

People who receive massage regularly enjoy the benefits of less muscle tension, reduced pain, and lower stress and anxiety levels.

My specialties include Swedish massage (which is relaxation massage), pregnancy massage, and hot stone massage. I love using techniques that bring total relaxation. I always adjust my techniques based on the needs of the person I am working with.

To anyone who might be thinking of getting their first massage, I'd like you to know that every time you come in for a massage you are in a safe space where there is no judgment. You are in charge of your session. You are always encouraged to speak up if anything doesn't feel right.



Member Spotlight: Cris Cruz

Self-care was something I rarely focused on and change was needed. I work a desk job and frequently find myself suffering from upper back pain. When the pandemic hit and I was forced to work from home, I learned just how much physically going to work played an important role in my life. With the exception of walking the dogs, I wasn't going out and found myself sitting all day working and sitting around the house all night just to do it all over again the next day. This took its toll and I found myself becoming more stiff and achy. I reached a breaking point and needed to do something. While at a routine chiropractic appointment, in asked my doctor for her opinion on yoga knowing it was a practice in her life. She provided me the name of Soma Cura. I never saw myself going to a yoga studio and felt like I would be out of place as a male. I took the leap and now wonder why I didn't consider yoga sooner. I have found that a late

Wednesday class has been a great practice for me to get through the mid week struggles and push into the weekend. From the first time I emailed Soma Cura for general information on classes, I was given support and encouragement. There is no judgement, just relaxation and a positive experience from every instructor I have worked with. It's an hour in the week that I can put every thought and emotion aside and clear my head. I have made vast improvement in my flexibility and find myself stretching more in my free time. I play recreational ice hockey and have also found more stability, less muscle aches, and faster recovery after I play. I still have more progress to make so I continue to look forward to scheduling my class each week and can't thank Soma Cura enough.

Yoga Teacher of the Month Kelly Pezzimenti

Kelly first fell in love with yoga over 10 years ago when she randomly stumbled into a hot yoga class in Southern California while on a trip for work. Since then she has steadily built her practice at various studios, but was never consistent in her practice until moving to Grand Island and began practicing at Soma Cura. After being an active member for a few years, Kelly joined our very first YTT class in 2018 and received her 200hr certification in 2019. That summer she joined our Soma Cura Yoga staff and has been a part of it ever since. In the years since completing her certification, Kelly has taught various types of classes for us including all level yoga, yoga 1 and 2, as well as alternative yoga on occasion. Kelly is also an avid runner and looks forward to sharing her experience in our upcoming Yoga for Runners workshop this June. What she enjoys most about

teaching is the opportunity to meet new people and to share her love of yoga with others. She truly believes that yoga is for every body, and strives to make even the most novice yogi feel comfortable and welcome in her class. When she is not teaching, she is spending time with her husband, chasing around their active 7 year old daughter and 2 dogs.



SOMA CURA
WELLNESS CENTER

2154 Grand Island Blvd. (Tops Plaza)
Grand Island, NY
716.773.1369
www.somacura.com

Hours

Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 3pm
Thursday	9am - 8pm
Friday	9am - 4:30pm
Saturday	9am - 3pm
Sunday	9am - 4pm