

What is the Essence of Community Wellness?

When I am asked what makes up Tuxedo, I say “Small town. Big Personality.” Growing up here and being the outspoken individual that I am, I always aimed for strong personal growth. I strive to be the best version of myself. Each of us can say we take on as much as we humanly can. That each day we want pure joy when we wake up.

When any individual or team takes on a project big or small, it should be done with exuberant passion. We are entrepreneurs in our community, home owners, working mothers, pet parents, work at home neighbors, and so much more. We try to do it all! We grow together. How do we maintain a passion? How do we maintain community awareness? Where we live can inspire us each day, “because you are alive, everything is possible.” – Thich Nhat Hanh (Buddhist Monk and Peace Activist).

Teaching yoga and offering different wellness services, I have gotten to see some of the most extraordinary and interesting people grow. I have witnessed teens struggling with high school anxiety, adults taking on challenges in the workplace, new and eager students as well as the longtime student embracing each day of their personal practice. Communities that believe in wellness, work together to achieve a higher foundation of better living. Throughout it all, our community of Tuxedo has been a solid unifying source.

As you approach your days, how can you become the best version of yourself? How can we make our lives flourish in

our community? “We are constituted so that simple acts of kindness, such as giving to charity or expressing gratitude, have a positive effect on our long-term moods. The key to the happy life, it seems, is the good life: a life with sustained relationships, challenging work, and connections to community.” – Paul Bloom (Psychology and Cognitive Science Professor, Yale University). The moments we build are the lasting memories that we will cherish for days to come.

Yoga and other wellness classes draw people together. People of different ages, backgrounds and cultures unite for a common purpose. They come for the warmth of positivity. We attract others with our positive thoughts regarding health and wellness, thereby becoming a stronger cohesive unit. We become bonded. If we all took the time to strengthen our minds, bodies and spirits, our community would follow suit and become the best version of itself. As one community, we should strive to foster general good health, wellness and positive energy. 🧘



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