

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
SEASON 2 EPISODE #20- Yoga For Rest with Special Guest Amy Fulgham

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

BROOKE: Hey Y'all. It is Brooke with a special guest today for the Who's Dat Phat Girl podcast. This is one of my bestest friends, soul sistah Amy Fulgham. I will let her introduce herself.

AMY: Thank you so much for having me on here, Brooke. This is exciting. And fun. And, funny.

BROOKE: Yeah guhl.

AMY: And, the dogs in the background. Ole hometown.

BROOKE: Hometown podcasting girl. Amy is one of my oldest and dearest friends. We met, gosh, back in - I'm crazy that I know the date and I only know the date because I did not change my flights because I said this is gonna be good. You're gonna get better for this. I was deathly ill around Thanksgiving of 2009. And, the shoot was November 30th, 2009 because of the strike we can't mention the name of the show. But, I flew back up and I'm so glad I did. Because, I met you, Lynn, many of our other wonderful friends.

AMY: Yeah. Made a lot of good friends that have lasted. It also helps that we both live in Jersey City.

BROOKE: It helps that we both live in Jersey City. So, y'all it was like 2009 and it's the butt crack of dawn. Not even dawn yet. It's dark.

AMY: Barely

BROOKE: It's like 4:00, 4:30 in the morning. We had like a 5:00 or a 5:30 call time.

AMY: Yeah.

BROOKE: And, I'm at the Exchange Place PATH and I see this guhl in pajamas 'cause I'm also in pajamas getting off at the World Trade Center stop and I look at her and

I'm like well she's not a construction worker. And, the only people awake that early are construction people or like probably actors who are heading to set or whores. And, actually turned out, we were both. Whores. And, then I see this guhl, it was Amy, you know spoiler alert it's Amy. We get on the C or the E train and we take that all the way to Bed Stuy. And, finally we get off at the same stop and I'm like I'm talking to her. We're clearly going to the same place.

AMY: Yeah.

BROOKE: And, I was like hey girl do you know where holding is? I'm sure you're here for the same thing. And, Amy opens her mouth and I'm like what part of the South are you from?

AMY: Yes. I knew right away - we both knew - are you from the South too? You just came from Jersey City too?

BROOKE: We're like what. So, I'm from Louisiana as y'all know and Amy is from my sister state Mississippi.

AMY: Yep.

BROOKE: And, Amy and I just got to talking. We both have a love of Fransiscanware and Fiestaware for our houses. Mis-matched dishes, home stuff--

AMY: Vintage stuff.

BROOKE: Vintage, Joan Walsh Anglund. The color pink.

AMY: Yes.

BROOKE: We're both wearing pink today. We did not plan that.

AMY: But, we also had from pretty early on, we had a health connection too.

BROOKE: I didn't even write that in my notes Amy but you're so right. I was like--I don't want to say I was halfway through because we never finish our health journey. But I was on another part of my health journey at that point. Kombucha had just come out.

AMY: Oh yes, yes.

BROOKE: Right? Reagan had brought us kombucha one day.

AMY: I loved kombucha.

BROOKE: So, we connected on that. And, we ended up doing - Amy and I because we live so close together we did a Groupon together at a Yoga place in Hoboken.

AMY: Yep.

BROOKE: And, my favorite class - I don't know if you remember this, Amy. It was in the fall. It was a little mystical that day. It was a Sunday evening. And, we went to Hoboken North or Uptown Hoboken as they call it and we did a restorative yoga class.

AMY: I don't even remember restorative yoga. I remember us going to yoga classes in Hoboken but I don't remember a restorative one.

BROOKE: I remember it like so weirdly only because that studio closed down up there and I was like oh I really liked that location and I liked the idea of doing yoga with pillows. Because, I'd never done that before. Believe me, we will be talking a lot more about yoga with pillows in just a second.

AMY: Restorative. You also go me, really early in our friendship, you got me following some book and doing a what turned out to be a vegan cleanse. Remember that?

BROOKE: Oh my gosh. That's right. In one of my podcast episodes I think I mentioned that. We did-- it was a very hardcore cleanse.

AMY: Yes!

BROOKE: We were vegan, caffeine free, flour and refined carb free--

AMY: No alcohol.

BROOKE: No alcohol. No fun.

AMY: Yeah.

BROOKE: A fun cleanse. No it was hard--

AMY: I can't remember if we could have nuts. We could have nuts, maybe.

BROOKE: We could have nuts...

AMY: Nothing else.

BROOKE: No fun. But, it was basically like every single thing that you can get easily, you cannot have.

AMY: Yeah.

BROOKE: So, that's the first time I really think I started prepping my food and bringing it with me.

AMY: Yes.

BROOKE: And, Amy you had found like the powdered - I say powdered eggs but it wasn't eggs. It was some powdered thing that we could use in place of eggs.

AMY: Oh.

BROOKE: With baking--

AMY: Oh yes, and I remember you talking about that because the front of the box was so old-fashioned.

BROOKE: Yes.

AMY: And, you said, you can tell they don't have any kind of competition because they obviously haven't changed the front of their box since 1970.

BROOKE: Ahhhhhhhhhh. (Laughter) We gotta look that up. It was like not Almasseed or something else --

AMY: Egg replacer.

BROOKE: Egg replacer. Nothing even fancy. And, now we know that flax seed is a much better--

AMY: Oh yeah.

BROOKE: Probably cheaper and easier to find egg replacer. But, we still have to look this stuff up. But, y'all, Amy, her background is she's a dancer, she has her MFA in Acting. But, Amy has transitioned to not just being a yogi but being a yoga teacher. So, I'm going to let her talk about her journey into that. Her training and all that because I've been really lucky - I'm going to get a little mushuganah and start crying here - chills. But, really look at my arm hair - to see Amy's journey along the way. I think she's a perfect yoga teacher because she represents what yoga's all about which is not just let me twist and bend and take an Instagram photo. It's about healing from the inside out and from the outside in. So, take it away guhl.

AMY: That's so sweet. Thank you Brooke. And, you've been a great Guinea Pig for me.

BROOKE: (oinks)

AMY: On my yoga therapy journey. But, to start from the very beginning, I used to take classes here and there at gyms and like free classes and I even did an Anafaris weekend back around 2000. It was a whole weekend workshop and I was thinking oh yeah I should be a yoga teacher and by the end of that weekend I was like oh my God. This is so boring. I can't do another chataranga. Which is obviously, I just wasn't at the place, ready for it. You know? And, then after grad school, I found a Jivamukti yoga in Jersey City and it just filled this need. It was kind of like going to church on Sunday mornings at 10:00 and the chanting and it was pretty hard yoga too.

BROOKE: Yeah.

AMY: The yoga asana at Jivamukti is - was enough it was hard enough that I needed after grad school and all the movement that I did in grad school and like you said I used to be a dancer. So, I needed something that was physically hard. But, it also had sort of that old church kind of feeling too. I Mean I group up going to church, you know. Actually Austin Sanderson who leads the one in Jersey City, he now has his own brand, but both of his grandfathers were preachers and both of my grandfathers were preachers, too.

BROOKE: Wow. I didn't know that about both of your grandfathers.

AMY: Yeah, yeah.

BROOKE: Whoa. She's the granddaughter of a preacher man. Preacher MEN. Wow.

AMY: And, he was too. And I think he you know, I think he feels like he's holding church when he has his classes. And, that was just what I needed at the time. And, so I kept going. I kept practicing. And, then I started thinking, you know what I really need to be a yoga teacher and I was saving money for - took the Jivamukti yoga training which would have been very expensive in India for a month and then they closed their location in December 2019 - the one in New York City. So, I decided to go to one in Hoboken: Asana Soul Practice. And, I started that, I think it was February (chuckles) well it was February 2020.

BROOKE: Ahhhhhhh ah. Duh duh duuuuuh.

AMY: So, then we got about halfway through when the pandemic hit and it was like, well we have to close this weekend but I'm sure we'll be back next weekend, maybe two weekends - everybody--

BROOKE: Sure, we'll be right back.

AMY: We'll be right back. So, we finally finished on Zoom. And, then Austin asked me to do a mentorship with him. And, that really helped me. He hired me and I started teaching for him. And, now I am - I have almost 1500 hours of training.

BROOKE: Oh my goodness.

(Archer Barks)

AMY: I'm close to being finished with my yoga therapy certification as well.

BROOKE: Wow. Archer just barked. He applauds that. One day we were doing yoga, Amy came over and did a private lesson. We were doing yoga in the backyard one day and Archer came out and gave us a little--

AMY: Downward Dog.

BROOKE: Downward Dog and he smelled like Harry's cologne. It was rather fun. And, Amy, talking about the rituallllll of it that it is like a church, like tonight you have a free yoga - I'm saying tonight - this will actually be after the free yoga. So, y'all sorry you missed it but no, there will be more and that's why we're talking here. But, there is a ritual to it. Amy recently led us in a Yin and Yoga Nidra series on Sunday evenings. She's doing a class tonight. I'm saying that's September 10th. Whatever today is. In the evening. But, then you have another class starting up on September 24th. I think there's something very - and your other yoga classes that I've done on Zoom and I should mention this, they're all on Zoom. They're accessible - you have people tuning in from all over the country, all over the world I believe, I believe you have international students, but there's something very ritualistic about doing it on a Sunday evening. So, do you want to talk about specifically the different types of yoga. I know you practice all the Yogas but I know for the classes, you specifically will do Yoga Nidra and Yin Yoga.

AMY: Yes.

BROOKE: Can you comment on that versus - most of the world, I say most of the world - I'm incorrect. Most of the Western world, most of America, most of the guhls on Instagram think Vinyasa when they first think about yoga. But, can you kind of talk about the different ones.

AMY: So, yeah Yin and Yoga Nidra together. I started doing a Yin series a couple years ago on Zoom on Sunday nights. I think you were part of that.

BROOKE: Yep. Represent.

AMY: Chakra inspired. In Yin you hold the poses for three to five minutes and you hold it long enough for the fascia, the connective tissue to start relaxing and stretching out a little bit. You have to hold it for a while before that has a chance to

relax. And, so Yin you're holding these poses three to five minutes and it goes really well with Yoga Nidra which I really started doing Yoga Nidra when I was getting my yoga therapy certification. And, it means yoga sleep. And, it is a meditation you can do lying down. It enables your brain to relax and get to theta wave, which is really relaxed. It's like meditation. And it usually includes a body scan. So, people who get fidgety, they can concentrate just on sensations in their body. And, then it leads you through - well, in Ayurveda they think of the body as having five sheaths. The outside sheath, the physical sheath and there's a mental sheath and then there is a bliss body and a wisdom body. The bliss body is the most sensual. The most like the cosmos. The part of us that is part of the cosmos, helps you just relax down to be in touch with that level of your body. So, and I figured out that - I mean some people are kind of Zoom fatigued. But, with this you don't have to look at the screen and I do it Sunday nights 8pm - 9pm so that people can - they're already doing that yoga sleep, let's turn off the computer and just go right to bed and they're ready.

BROOKE: And, I literally have done that. I've done the Yin Yoga where we're stretching, we're releasing the muscle because I have a lot of tension in my muscles because like you, I'm a very active person.

AMY: Yeah.

BROOKE: But I don't always stretch enough properly afterwards and Yin Yoga, it's beyond just stretching. You're really releasing all those - the fascia underneath and then when you're doing the Yin Yoga, I've fallen asleep. That's rare for like a Type A crazy personality like me. What I love about the Yin Yoga, you're literally just saying there and Amy will say right thumb - right - whatever this is - pointer finger - whatever it is you're literally going digit by digit, moment by moment so that monkey brain doesn't go all over the place. Whereas with certain other types of forms of meditation, my brain it goes all over the place. So, I recommend Yin Yoga to everyone since Amy's class. I've been doing it every day like a YouTube video or I'll replay Amy's. Amy will send you the replays. And, I have noticed a difference. I've been suffering from Vertigo and it's been helping with that. I do notice a difference when I don't do it or Amy and I were just talking before we got on here, if I don't eat enough protein I also notice a difference with Vertigo. But, really the Yin Yoga is a game changer. But, also Amy's last class was about REST. And, it really forced me to just rest. Right now, during the strike, you would THINK they would say, Okay actors, okay everyone, let's just take a moment to reset. But, no they're like what are you doing? What's that next project you're working on? What's that micro budget you're working on? Work on your own shit. Generate, generate, generate. And, I'm like dude, I was generating since the moment I came out of the womb. Let me just chill. So, that's what Yoga Nidra and Yin Yoga do. And, even within the realms of yoga, I used to think - and some days I'll feel this way - like I've gotta get in a good Vinyasa. I also am a fan of the Hatha yoga--

AMY: Longer than Vinyasa. Yeah. You hold them but not as long as Yin.

BROOKE: Exactly. But not as long as Yin and for Yin Yoga, Amy will help you modify, bringing back that restorative yoga element where you get the pillows. I have - Amy's sitting on one of the random pillows that I use. Just bring out your random pillows and blankets and your dogs will come sniff your feet and your heads and your butts. Sometimes your cats, Amy has cats.

AMY: Yeah.

BROOKE: What I really think is funny like strange and funny - more so funny strange than funny ha-ha is that I have a whole podcast episode about this, but back in the day when I first started doing yoga, so long in my life while doing yoga I was not a tiny white chick. I was a fat white chick doing yoga and there's this whole thing in the Western world again, especially in America, where it's like I'm a skinny white girl in my Lulu lemons doing my yoga and I really think it's important to squash that belief. Amy I know you're all about that. So, I'm wondering if you can talk a little about that, comment on that vibe a little bit?

AMY: Yeah. I think it has gotten to that point and a lot of people think oh yoga, oh I can't do yoga.

BROOKE: Word.

AMY: I'm not skinny. I'm not white. I don't have \$100 yoga pants. And, I really saw - and maybe because I was more aware of it because I was immersed in yoga when the pandemic hit but I - through my other trainings and stuff, also I started being aware of these different influencers who were really trying to break people away from there. There was so much more. And, yoga goes back 5000 years. Way before Lulu lemon pants came along.

BROOKE: Way before skinny white girls were doing their little basic bitch thing. You know?

AMY: Yeah. And, I think people really started trying to open it up and make people realize that you can do chair yoga. You can be old and wearing your leisure suit or whatever.

BROOKE: I would love to do yoga in a leisure suit.

AMY: In a leisure suit (laughs)

BROOKE: I know what you mean. Keep going girl.

AMY: You can do all kinds. You don't have to be in that limited one kind of person. And, I mean I have noticed, I've gone to some studios in my training and you know in certain studios that's who seems to be doing the yoga - especially the Vinyasa or the hot yoga. And, if I go to a restorative class or a Yin class, I see a little more

diversity. But, I really started to become a lot more aware of all of people that were trying to shake things up and saying, listen, this is not what yoga is. This is not just for skinny white chicks.

BROOKE: Right. Yoga and exercise, health, wellness, must be accessible to all.

AMY: Yeah.

BROOKE: And, I know that's one of your goals because your upcoming, I'm saying training, your upcoming course is very affordable.

AMY: Yes.

BROOKE: You can get - is it seven that you do?

AMY: It's seven - the next series is seven classes cause we're going to focus on the seven chakras.

BROOKE: Chakras!

AMY: Yeah and it's going to be \$70.

BROOKE: \$10 a class y'all. I mean most yoga places as y'all probably know are like - some places I've even seen like \$70 for one two-hour class.

AMY: Wow.

BROOKE: I've seen crazy stuff and I'm like please I'm not even doing a Groupon for that. But, this is very affordable.

AMY: It's affordable. I mean, I have people in my class that are in their 70's that have been taking my Yin series in the Yoga Nidra and also came to my - and I guess I can talk about --

BROOKE: Yes. Talk about the retreat. I wanted to come last year and then as we know, Bob - my dad- Hoover Bob my dad God bless him, had a lot of health issues and life and stuff but Amy had a wonderful retreat. It was in the Catskills or the Berkshires?

AMY: It's a little closer to Ithaca.

BROOKE: Oh Ithaca is Gorges.

AMY: Ithaca was gorgeous and that is closer to the Finger Lakes so it's called Light on the Hill retreat center.

BROOKE: Nice.

AMY: And the age range was 35-72, I think.

BROOKE: I love that. Do you know when your next one is - about--

AMY: Yeah.

BROOKE: Oh you do?!

AMY: Yeah we've already started planning it. This is really my public announcement.

BROOKE: Is it okay to do so. Oh, do you want to touch the rose quartz? I touch the rose quartz.

AMY: I will. (Laughs) But, so we're gonna have it - we're adding one night on. So, it's gonna be four nights. March 20th - Wednesday March 20th to the Sunday - March 24th and you can contact me at @fulghamamy on Instagram if you want more info about that. And, very excited. We're going to focus on the title is restore to spring.

BROOKE: Oh yeah.

AMY: We're gonna focus on restoration and Yin. There will be some Vinyasa but I'm definitely going to have more Yoga Nidra than I did last year.

BROOKE: Nice. That's my jam.

AMY: Cause I've fallen in love with it even more than I was last year. So, I'm excited.

BROOKE: Yes, guhl. Faws crossed that -- I'll touch the rose quartz with you. That everything goes well. I will be there. And, this is in March of 2024. Finger Lakes, New York. Represent. Beautiful area. Beautiful time of year to go to that area.

AMY: It is so pretty.

BROOKE: I know Amy's last retreat - I saw on her social media - everyone loved it.

AMY: Yeah.

BROOKE: And, also in the description of this, I will be sharing how you can get in touch with Amy to sign up. She also always starts off class or ends class or has within her class usually a breath work exercise. We'll do one of those at the end of this episode. But, right now we're gonna get a little PHAT - P-H-A-T. We're gonna do what I'm calling Rapid Fire PHATNESS. I did it when my mom, my dad and Harry, my boyfriend were guests. I never officially called it Rapid Fire Phatness with a PH.

But, that's what we're calling it. So, I really think what's important here, this whole diet culture, we've been taught you must eat this to be healthy and I know for my Polycystic Ovarian Syndrome, I do have to eat certain things to feel healthier. But, hey, everyone wants to sometimes eat a pre-packaged cookie and not have to cry about it or go feel like they have to do 20 crunches and repent. Keeping up with the church theme. So, it's not healthy to deprive yourself. So, Amy and I are Southerners. In fact, this girl bought me a butter dish and a sugar bowl when my beloved Maw Maw, the one that she had given me broke, so sometimes we know you just want a little butter and sugar. So, Amy, what is your favorite childhood memory that is associated with food?

Or one of them. I know I'm putting you on the spot.

AMY: My mother is a great cook. But I do have this funny memory. We were at my grandmother's house, my mother's mother. And, there were aunts and uncles and cousins there and it was just like a normal summer night. And, somebody made just a regular vanilla with chocolate icing on the top. And, when it was finally ready, man that thing was gone in five minutes. It was like one of those where you see the videos of people grabbing up the pieces and it was just gone. (Laughs)

BROOKE: No it's great. I love it. Because it's sometimes that simplistic thing - like I'm a big fan of just like yellow cake with chocolate icing. It's those simple moments. That mean a lot. Once - I have to say the cake in here. One time Amy recently had a birthday, September 3rd. One year, I was like, I'm gonna make you a cake girl and being Southern, I'm gonna make the Cracker Barrel Coca Cola cake. So, talking about Double Whammy of all the shit I say don't do and I think Coca Cola is not a wonderful thing but boy does it make your cake moist.

AMY: Delicious.

BROOKE: Dude it made it so moist y'all.

AMY: (Laughs)

BROOKE: That cake was like eating mush. Chocolate Coca Cola cake. Boom. Amy graciously ate it, loved it. It was good--

AMY: It was delicious!

BROOKE: But, it didn't look so purty.

AMY: It collapsed in the middle and we have pictures of it.

BROOKE: We have pictures of it. Maybe we'll find 'em for a post.

AMY: Yes!

BROOKE: We'll find 'em. We'll dig it up. Now Amy do you have a favorite quote unquote cause I don't like this word as we know Guilty Pleasure Food?

AMY: Guilty Pleasure. Well, okay so during - I did get COVID. I think it was May 2022 so a year ago. And, I still had an appetite. And, I ordered from the Pizza Masters in Jersey City. (laughs) Jersey City Heights. I ordered eggplant Parmesan and chocolate piece of cake with chocolate icing. More cake. And, two or three times since then, I'm like God, I really could use some comfort food. I think I need some eggplant Parmesan and chocolate cake.

BROOKE: That's so funny. I didn't know that. I didn't know that you liked eggplant parm!

AMY: I love eggplant parm.

BROOKE: I used to make it back in the day and Harry as you know makes the grilled eggplant. But, wow. I love eggplant parm. We're gonna have to go get it - is that Renato's the pizza--

AMY: Yeah. Yeah.

BROOKE: Dude, they're freaking good.

AMY: They're good. And, that's what I've ordered. Not even once a month. But, I'm like I really need some eggplant parm and chocolate cake.

BROOKE: I love it. The Southern girls like eggplant parm as their comfort food, which is not very Southern of it. But, I love that. The guilty pleasure.

AMY: It's very Jersey City.

BROOKE: It is. But you know what that's not even super guilty. But what is guilty on a scale of phat to guilt - phat with a ph.

AMY: When I was having something rough happened in June and I had told my friend about the eggplant parm and he goes, yeah, melted cheese and chocolate cake. That helps.

BROOKE: That helps. And, bread crumbs. You know? Bread crumbs. But, on that same note, what is one of your favorite healthy foods or things that you make that's healthy that you like?

AMY: Yeah, well let's see. I could eat fruit all day. And, some people think fruit is not healthy. Fruit is healthy.

BROOKE: It has sugar but it's its own sugar. Your body needs that.

AMY: Right.

BROOKE: Hydration.

AMY: Fiber

BROOKE: Fiber

AMY: Nutrients

BROOKE: Antioxidants

AMY: Yeah. So I love fruit. God, I'm not coming up with a really great--oh kombucha.

BROOKE: I was about to say I know you love kombucha. I feel like it's been a while but during our crazy vegan cleanse, I feel like we made bars or something with nuts and all this stuff.

AMY: Oh I've made those before. Yeah.

BROOKE: I feel like we like those--

AMY: Seed bars.

BROOKE: Seed bars.

AMY: Yeah.

BROOKE: That you're not paying an arm and a leg for. You just make them at home.

AMY: No, you just gotta make sure you don't use honey. Cause honey wouldn't be vegan--

BROOKE: Cause then the sugar-- oh it wouldn't be vegan. Look at me, I'm thinking about the sugar but yeah it wouldn't be vegan.

AMY: Yeah. You gotta put maple syrup or--

BROOKE: That's the whole thing. Dude.

AMY: I know. (laughs)

BROOKE: Girl, this is really putting you on the spot cause I mean like I think if I had to answer this, I'd have like 25 and be too ADD to even answer it but do you have a healthy lifestyle mantra?

AMY: it's probably changed over the years. Well, I would say wrapping in my Yoga Nidra, now I would say, take time to rest.

BROOKE: Yeah.

AMY: I'm realizing now and I haven't even mentioned that I'm teaching yoga and mindfulness at an addiction and recovery center.

BROOKE: Oh yes. I'm glad you brought that up.

AMY: Yeah and I just realize you know people rely on so many things and they really need to be able to rest and not feel guilty about the rest.

BROOKE: Amen to that.

AMY: And it's because I mean anxiety is rampant.

BROOKE: Yep.

AMY: Like I was talking to another friend of mine who did the last Yoga Nidra and she said it helped her realize she's always focused on I have things to do. I have things to do. What do I need to get accomplished. You just have to slow down and realize that when you go into that space oh my God why am I so anxious, why am I living in this anxious place? Bring it down.

BROOKE: Yeah.

AMY: Bring it down and rest.

BROOKE: Your classes have really helped me with that because even like this weekend, I was pet sitting. I was away from my own home and I brought obviously work and stuff to do. But a couple of times I said Brooke, indulge, live a little. But, I kept thinking oh I need to read this magazine not because I wanted to read it but because I wanted to get the magazine to get ready to give to you - I give Amy some of my - we share magazines. Or read this play for work.

AMY: Yeah.

BROOKE: Do this. And, I said Brooke just take a moment to sit, you're pet sitting right on the Hudson River, you have a beautiful view, pet the doggie and look at the view and rest.

AMY: Relax.

BROOKE: It's okay. Don't worry about the to-do list.

AMY: Yeah.

BROOKE: And, I think a lot of people like you said you're going from substance to substance and workaholism - they call it workaholic but that is also an addiction.

AMY: Oh yeah.

BROOKE: Because people are afraid to have the in between, the pause. Amy, do you remember a moment or a series of moments or maybe like a time or as my little cousin Rosie's saying now it's her Kindergarten Era. I hear about the Hot Girl Era. I don't know if we want to go there and be basic--

AMY: Hot Girl Summer.

BROOKE: And say your phat girl summer with a PH. Hot girl summer. Was there ever a moment when you felt like you really kind of owned your inner PHAT girl, your inner pretty hot and tempting girl. Or where you felt like a light bulb moment? Was it yoga? Was it not yoga? I've had many light bulb moments, one of those moments was when we were on set portraying hookers of all things.

AMY: Yeah.

BROOKE: I won't say the show cause of the strike. Supporting the strike. But, do you have any moments like that?

AMY: Well, I have always gone up and down. You know?

BROOKE: Yes.

AMY: And sometimes I'm like man I'm feeling pretty hot and I've got this great dress and I look great. And, just to be honest, I am recently post menopausal and I'm having a hard time finding my inner PHAT girl again. You know?

BROOKE: Word.

AMY: But I know it's there.

BROOKE: She's there.

AMY: I know it's there. I gotta keep taking care of myself. Making adjustments cause it is a big adjustment. And, the hormones, it made me realize how much our personalities are really our hormones.

BROOKE: Yeah.

AMY: So, I gotta find that inner PHAT girl again. And, I think continuing to teach yoga. I really love teaching yoga and I love helping other people and it's making me realize that I've been really lucky my whole life that I've been a dancer since I was about eight. And I've kept it up over the years. I've kept up the fitness. And I'm just realizing that so many people don't have that luxury.

BROOKE: Yep.

AMY: So I'm proud of that and I realize how lucky I am. I just finished paddling, canoeing 90 miles in 9 days on the Spanish River with my boyfriend and 10 Dutch people.

BROOKE: Heeeeey.

AMY: But that takes strength and I'm 55 and I'm still doing crazy things like that so I feel lucky.

BROOKE: That's right girl and that's what it's all about, that's what this podcast is all about is about you know - what you said - the inner phat girl - we might not always feel PHAT with a PH. Sometimes we might feel FAT with an F and that's fine too. But, when you rolled up here today, literally rolled up here, Amy biked over here - she has her helmet. She's wearing this awesome outfit. It's like hot pink tank top sports bra biking shorts looking fierce. But, it's not just looking fierce, it's being fierce because she so graciously came over. We're hanging out today. She's leading yoga tonight. She's helping people. She's really helping people and her body, like she said, can do so much. Her voice is a big advocate for helping others and we'll find our PHAT girls together (Brooke gets teary). I'm fixing to cry.

AMY: Aw, yeah.

BROOKE: And it's like do Amy and I need to go out and put on like hot pink lipstick and like get all fabulous and go out and eat eggplant parmesan and feel PHAT? Maybe. Whatever it is. Or maybe not. It's just about doing what you can, day-to-day, being in the moment and accepting where you're at and that's what Yoga is about.

AMY: Yep.

BROOKE: And that's what Yoga is about. And, I will have Amy take over now. She's going to give us a little taste, if that's all right of a simple breath work exercise that we can do to kind of just relax and ground and be present with ourselves.

AMY: Yeah. I'm just gonna do the simplest one. You only have to do three breaths with eight counts in, eight counts out. Breathing in through your nose and out

through your nose to go from the fight and flight nervous system to the rest and digest nervous system. So, this is just really simple but it's a great tool to remember. If you're in the subway and you're getting upset cause the subway's not moving or if you're driving or who knows when. If you're standing in line and you're getting upset. So let's just do that. So, just take a regular breath and then breathe out and close your mouth. Breathe in through the nose two three four five six seven eight exhale two three four five six seven eight. Inhale. Exhale. Inhale. Exhale. And just return to your normal breath and I hope you can use the tool any time that you need it. Bring yourself to that rest and digest response.

BROOKE: I love that Amy. It's easy to remember because the rule of 3 as in the rule of comedy, just three, trapezoid - not a trapezoid but a pyramid, triangle, remember the rule of three and just eight and eight.

AMY: Yep. that's all it takes. It's that easy.

BROOKE: Amy has a lot more of that in her classes. She teaches private lessons. At her retreat. Reminding y'all that she will be doing a Chakra Zoom upcoming starting September 24th on Sunday evenings for those of us who are on the East Coast, it's 8pm to 9pm Eastern Standard Time but you can join in from wherever. She will also send you the class the next day if you can't attend a class. Seven weeks it skips Columbus Day for just \$70. I'm not saying it's well worth its weight in gold because Amy's one of my best friends but because it has really helped me, because she's a wonderful teacher. You'll learn a lot. And again, like Amy mentioned it is on Zoom but I feel no Zoom fatigue when I do it because Amy makes it to where you just listen to her voice guide you. You're not looking at other people, I turn my camera off. You don't have to see my boobs flapping. Cause this is the type of yoga you don't have to wear a sports bra.

AMY: No.

BROOKE: I wear my pajamas and then go for it.

AMY: Good. You just go right to sleep, yep.

BROOKE: But, Amy can be reached at @fulghamamy on Instagram and Amy what is your new email address?

AMY: it's AmyFulghamYoga@UnderTheSameMoonYoga.com

BROOKE: And, again I will be writing this in my descriptions. So, if you want to go to the transcript or under the podcast descriptions you'll be seeing all this information. Amy thank you so much for coming on today.

AMY: Aw Brooke.

BROOKE: I feel like we could tell tales forever.

AMY: I know.

BROOKE: I hope you'll be back for more.

AMY: Yes.

BROOKE: Amy - you've been a wonderful guest, a guesticle.

AMY: Thank you.

BROOKE: And, here's a little rose quartz we'll hold it up.

AMY: Yes. Thank you.

BROOKE: Send the love out there and uh yeah so thank you all again. Y'all really follow Amy and if you want to learn more about her yoga, check out the description. Bye y'all.

AMY: Bye, thank you.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit BrookeHoover.com/fluffybuttproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

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