



Namaste,

I am the type of person who needs to be prepared. If an event is coming up, I must have all my i's dotted and t's crossed well in advance. I do that in my life outside of the studio, as well as preparing for my classes and private sessions. I always have a plan.

Unfortunately, life does not revolve around me nor my plans, so often, I must scrap or tweak my plan when the day of the event, class, or private session arrives. And I am okay with that. I have learned that life is so unpredictable, and even the best laid plans will take a backseat to whatever the universe has in store for you.

Your ability to learn to be flexible or limiting attachment to outcomes can make life so much more interesting. It helps to spark creativity. It keeps you on your toes. Although it can be rewarding and inspiring and, on occasion, a little frustrating, it can be eye-opening, surprising, and educational as well.

There is a freedom to nonattachment that contributes to so much less stress in my life. When things do not go as planned, instead of getting upset, I just say to myself, "Well, I guess that was something that I was supposed to learn," or I marvel at the unexpected thing that took place.

If finding nonattachment to outcomes is difficult, a wonderful place to practice is on the mat. We have all been in poses that we wish we could go a little farther, or perhaps you have an injury and cannot do what came easy to you in the past. Instead of getting down on yourself, show yourself a little compassion and tune into what you can do. The object is to be creative, use props, move a leg in a slightly different direction, be flexible and adapt, or just be still and observe. I guarantee you will learn a little something about yourself or begin to look at things with a new perspective. It may not be what you wanted, but it will be what you need.

Be Well and Flexible,

Jen

*PS If you no longer wish to receive this newsletter, just email me, and let me know.
Thanks!*

Yoga Therapist's Corner



Ayurveda is the sister-science to yoga and is one of the oldest of the traditional systems of medicine accepted worldwide. Ayurveda is a holistic approach to health with its basic principle to prevent and treat illness by maintaining balance in the body, mind, and consciousness. Ayurvedic techniques include, and are not limited to dietary changes, herbal medicines, acupuncture, massage, meditation, breathing exercises, sound therapy and yoga. Though I am not an ayurvedic practitioner, I utilize their concepts and ideas in yoga therapy.

One concept I will use is the Tridoshas, otherwise known as the three humors: Vata dosha, Pitta dosha, and Kapha dosha. They control the basic physiological functions of the body. It is believed that a perfect balance between nature's (air, water, space/ether, earth, and fire), and the Tridoshas of the human body should be maintained for a healthy state of living. As individuals, we tend to have a single dominating dosha with traits of the others in one percentage or another. When working with someone, I will consider these doshas in ways to help them.

- Vata Dosha – Also known as the wind dosha - It is cold, dry, and light, and controls movement, the nervous system, and waste elimination. People with a vata dosha may have cold hands and feet, dry skin, constipation, and cracking joints. They may also experience mood swings, insomnia, and low immunity.
- Pitta Dosha – Also known as the fire dosha – It is hot, wet, and combusive, and controls digestion and metabolism.
- Kapha Dosha – Also known as the water dosha - It is cold, wet, and heavy, and governs stability, structure, and moisture in the mind and body.

What I find most important about Ayurveda is that this system works with the environment, and nature. This holistic approach helps us to tune in to our own bodies, its needs and natural rhythms. It then shows how to interact with the natural rhythms and elements of nature to help one to become the healthiest version of oneself.

Using the Ayurvedic concepts of yoga, meditation, breathwork, and sound therapy, please join Vyolet and I for another Yin Yoga Sound Bath to welcome in the season of Summer. In keeping with the connection to ourselves and with nature, I hope you can join us on June 19th!

Studio Updates

Subs and cancellations for the upcoming months:

Saturday, June 1st, Kayleigh subbing for Jen's All Levels

Saturday, June 22nd, Kayleigh subbing for Jen's All Levels

*Thursday, July 4th, Studio closed, **Happy 4th of July.***

Saturday, July 26th, Kayleigh subbing for Jen's All Levels

Tuesday, July 30th, Courtney subbing for Gentle, Kayleigh for Strength/Balance

Wednesday, July 31st, Courtney subbing Jen's SRM, class will be at the studio.

Studio Events

More details are on the website.

Yoga at the Park – Every Wednesday @ 9:30am (weather permitting)

Yin Yoga Nidra Sound Bath – Wednesday, June 19th 6:30-8pm \$30

108 Sun Salutations – Thurs. June 20th @ 5:30 In lieu of Yoga with Weights \$20

Reiki Level II – Sat. & Sun. June 22nd & 23rd 2-6pm \$275

Private Individual or Group Yoga Sessions, Energy Healing sessions as well as Yoga Therapy sessions are always available.

Class Schedule

Day	Time	Class	Instructor
Sunday	9:00 AM	Slow Flow	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Courtney

Tuesday	9:00 AM	Gentle	Jen
	10:45 AM	Yoga for Balance & Strength	Jen
	5:30 PM	Deep Stretch	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	5:30 PM	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
Saturday	9:30 AM	All Levels w/restoratives	Jen

Join Class On-line

If you would like to join class on-line, go here to enter the class through zoom:

<https://us04web.zoom.us/j/7105791723>

Password: 967022

Purchase a Class Card

To purchase a class card or other offering: <http://peaceful-yoga-with-jen.square.site/>

Peaceful Yoga with Jen

Email: Jenakob729@gmail.com

Web: www.peacefulyogawithjen.com

Facebook: <https://www.facebook.com/peacefulyogawithjen>

Instagram: [Peacefulyogawithjen](https://www.instagram.com/Peacefulyogawithjen)