



## Peaceful Yoga

Namaste,

Oh boy, it is here! The holiday season is upon us! Let craziness begin! Just kidding. Well, it is beginning, but it does not have to be crazy. The holiday season can be wonderful and can also be overwhelming, filled with a variety of emotions that include happiness, sadness, frustration and anything else you can think of. This is the perfect time to work on being present and mindful as well as focusing on the things you are grateful for. When using these skills, you can allow emotions to run their course, and you don't get weighed down by them.

Speaking of being grateful, I just want to take the time to express my gratitude to all of you for being a part of our small yoga community. Work at the studio to me is not really work; rather, it is a place where I can go and be with wonderful people who I just happen to teach yoga to. I am grateful for my dedicated teachers: Tammy, Courtney, Kayleigh and now Lindsay. And lastly, I am grateful for the support of my husband to help me pursue my dreams.

The new year is right around the corner, and I like to try/offer new things in the new year. So, my question to you...is there anything that you would be interested in learning or trying out at the studio? We can offer workshops on anything regarding yoga, yoga therapy, or meditation. Perhaps a new type of class could be added to the schedule even if it doesn't have to do with yoga. For example, I have held "Sip and Paints" in the studio in the past or hosting an event for charities. I am up for any and all ideas! Let me know any thoughts or interests you have and perhaps we can set something up.

One new thing we tried last year was the Off the Mat Chapter Chat. We were a small group, but it was always a lively discussion. We plan on continuing this in the new year with the book ***The Untethered Soul*** and utilizing its companion journal. Maybe you can join us. For something completely different, we will be establishing a Peaceful Yoga team to walk an UltraTrax at Bear Creek on April 19<sup>th</sup>. This is a trail-

based endurance walk where you walk 7 miles or more. See, we are open to any ideas so please let me know your thoughts!

Just a reminder if there is inclement weather, the studio will close, and classes will be on zoom. Please check the website for updates.

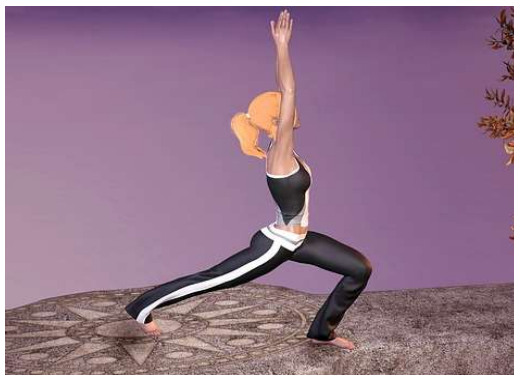
Take it easy during this season and have a Happy Thanksgiving. If you need to recharge from all the festivities, then come and see us on the mat!

Be Well,

Jen

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

## Your Yoga Stories



I am always interested in hearing when and why people started to practice yoga. And then, how it has impacted their life. For 2025, we have this new section of the newsletter that is all about your yoga journeys. I hope you are willing to share your stories. All you need to do is send me an email.

*Barb's Story:*

*My journey into yoga began way back when I was young and thought yoga was a way to twist your body into crazy pretzel positions. It was something I thought I may be able to do since coordination was not my strong point. So, a few random poses here and there now and then until aerobics and step aerobics took over (anyone else remember those?) and those became the classes to take. They were fun but I struggled with following along, keeping up with the group and knowing my left from my right and then they weren't so much fun anymore. That was about it for me until adulting became my full-time job and then there was just no time for anything, or so I thought. But that interest was still there,*

*so I went to a few yoga on the beach classes while in Maine on vacation each year (I highly recommend those) and was able to take some classes weekly when a coworker began teaching classes after school.*

*Then one summer I found Yoga in the Park, and I was drawn into something that was so relaxing and peaceful and just what I had been looking for. And I didn't feel awkward nor ridiculous when I could not get into the correct position or if I lost my balance and tilted over or if I was going left instead of right. My body felt great after and so did my mind. I didn't realize how much yoga was about being still and, in the moment, and breathing and not just the crazy twisty poses that symbolized my youth. But my work schedule would kick in and Yoga in the Park would no longer be an option.*

*So, Jen decided to open a studio just for me (only kidding) so that I would be able to practice yoga on the weekends and not just on Wednesdays during the summer. I was not a consistent class attendee, but I came to appreciate the times when I was joining in a class and realized I needed to prioritize my time so that I could practice more consistently. There is something about Jen and her studio and the community that she built that is so difficult for me to put into words but it is such a haven from the crazy chaos that is my daily life and I so look forward to the days when I can go to the studio or the park and just be in the present moment - "to relax, release and just let go." It is always a positive and supportive experience with no judgement and that says a lot about the environment Jen has created.*

Thank you, Barb, for sharing your story.

So, who is willing to share their yoga story next? I just need one more for the year!

## Studio Updates

### Subs and cancellations for the upcoming months:

Saturday, Nov. 22<sup>nd</sup>, Pilates & Yoga4Cancer is cancelled. Courtney covering All Levels

Thursday, Nov. 27<sup>th</sup>, Studio is closed, Happy Thanksgiving

Friday, Nov. 28<sup>th</sup>, Jen subbing for Tammy's Pilates

Saturday, Dec. 6<sup>th</sup>, Pilates & Yoga4Cancer is cancelled. Courtney covering All Levels

Wednesday, Dec. 24<sup>th</sup>, Yoga4Cancer is cancelled.

Thursday, Dec. 25<sup>th</sup>, Studio is closed, **Merry Christmas!**

Wednesday, Dec. 31<sup>st</sup>, Yoga4Cancer is cancelled.

Thursday, Jan. 1<sup>st</sup>, Studio is closed **Happy New Year!**

## Studio Events

***More details are on the website.***

**Yoga4Cancer** – Every Wednesday at 6pm, Thursday at 1pm & Saturdays at 11:15

Y4C classes are all FREE

**Off the Mat Chapter Chat** – Returning in January

**Full Moon Crystal Sound Bath** – Sunday, Nov. 2nd @ 6pm \$25

**New Moon/Winter Solstice Sound Bath** - Friday Dec. 19<sup>th</sup> @ 6:30pm \$25

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

Other events held elsewhere:

**Candlelight Yoga Nidra** – Thursday, November 20th @ 6:30 held at The Castle Inn in Delaware Water Gap

## Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Yoga du Jour	Jen
	5:00 PM	Deep Stretch	Courtney
Wednesday	9:00 AM	Stretch, Relax and Meditate	Jen
	10:45 AM	Pilates	Jen
	6:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:00 PM	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates + More	Tammy
Saturday	8:00 AM	Intro to Pilates	Jen
	9:30 AM	All Levels w/restoratives	Jen
	11:15 AM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	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](mailto:Jenakob729@gmail.com)

Web: [www.peacefulvogawithjen.com](http://www.peacefulvogawithjen.com)

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

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