



Namaste,

October, already! I say it all the time and cannot believe how fast this year seems to be going by. Sometimes that can be good and sometimes bad. It all depends on your perspective and what is happening in your life at the time.

Just a friendly reminder that there are changes happening to the schedule beginning October 1st. First, *Relax, Release and Roll* (see events page on website for information about this class) will replace *Yoga for Strength and Balance* on Tuesdays and will begin at 10:30 a.m. Our time has ended at the park for the year; therefore, all Wednesday morning classes will now be held in the studio. Also, for 10 weeks at 11:15 a.m. on Wednesdays, the class *Everyday Mindfulness* will be held. Pre-registration is required to attend, so let me know if you want to participate soon! You can read a bit more about the class in the Yoga Therapist's Corner, below. *Sunday's Vinyasa Flow* has ended, but *Slow Flow* at 9 a.m. is still on the schedule. Lastly, I am so grateful for Kayleigh who will be taking over all of Courtney's classes beginning on Wednesday, October 2nd. If you want to practice with Courtney one more time before she leaves us for a time, her last class will be on Tuesday, October 1.

As there are changes taking place this month, I would love to hear from all of you about a few things that I would like to enhance at the studio:

- 1) I was thinking of running my Yoga for Anxiety workshop again. It is a 4–6-week workshop. If you would be interested, please let me know. Preliminarily, I was thinking of holding it on Tuesday mornings, early afternoons starting in November, or Saturday mornings. Please email, message, text, call and let me know if you are interested and what times/days would work for you.
- 2) Beginning in January, I wanted to change my Yoga Therapist's Corner to a Student Spotlight. I was wondering if anyone would be interested in sharing why they like/love/practice yoga. Maybe, let me know how you have found it to be helpful in your life. I always find it fascinating the variety of reasons that people are drawn to yoga. Plus, I am running out of things to say in my corner and thought that you would want to hear from your peers for a change. 😊

3) A very important part of yoga is seva. Seva means to serve. So, I am looking for ways in which we as a studio can serve our community. In the past we have had a clothing sale which raised money for what was Women's Resources in Monroe County, now known as Safe Monroe. We have held food drives for our local food pantries as well. Currently, we are selling leggings to help benefit Breast Friends of PA. These initiatives have been great, and I know we can do more! I would love to hear any of your ideas.

4) Are there any workshops that you would like to see in the future? We are always open to ideas and suggestions. Also, it helps me to know what you are interested in. Your recommendations could be anything from asana practices to yogic philosophy, breathing practices, and/or some type of herbal workshop (if I can con Tammy into it 😊). We want to hear from you!

These workshops can be something we offer to you, or you have something you would want to offer to others. The studio is a great space to do so. In the past, we have held Paint and Sips classes. So, anything goes! In fact, Christine Zaroura will be utilizing the studio for her workshop, Conscious Creation. On Saturday, October 26th @ 11:15am please join her for a 5-Part framework to support you in taking empowering and aligned steps toward your goals. Head over to the website for more information.

Enjoy your Autumn Everyone,

Jen

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

Yoga Therapist's Corner



What is meditation?

There are many views to define meditation. For some, it is focusing the mind on one thing/object/thought. The yoga view is that meditation is an altered state of the mind. This altered state is accomplished through the action of concentration (the focusing of the mind) but also through more than just a seated practice. To truly reach that altered state, you must live a lifestyle of focus and peace. In yoga therapy, I try and help people live this lifestyle, so I will teach and encourage one to have daily meditation practice.

Meditation has been proven to reduce stress, alleviate anxiety/depression, improve energy, boost creativity, sharpen cognitive function, develop emotional regulation skills, and can deepen relationships. The key is finding the type of meditation practice that works best for you. Types of meditation practices include, but are not limited to, focusing on the breath, visualizations, mantra, prayer/devotion, contemplative inquiry, and mindfulness.

I have found mindfulness meditation to be my go-to because it can be utilized throughout your day in any situation, not just in a seated meditation practice. “Mindfulness is paying attention, on purpose, in the present moment and nonjudgmentally” – Jon Kabat-Zinn. If you have ever taken one of my yoga classes, you will here me mention it often as you are moving.

If you are interested in learning more about mindfulness, I will be running a 10-week course on it beginning this Wednesday, October 2nd at 11:15. Please head to the website on the events page for more information. Pre-registration is required for this course.

Studio Updates

Subs and cancellations for the upcoming months:

*Sunday, October 13th, Jen will be subbing for Kayleigh's Slow Flow
Come October Kayleigh will be taking over Courtney's classes for a time*

Studio Events

More details are on the website.

Yoga4Cancer – Every Thursday @ 1pm \$5

Legging Sale to benefit Yoga4Cancer students.

Everyday Mindfulness – Wednesdays beginning Oct. 2 at 11:15am

Conscious Creation – Saturday, October 26th @ 11:15am \$25

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

Class Schedule

Day	Time	Class	Instructor
Sunday	9:00 AM	Slow Flow	Kayleigh
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Kayleigh
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Relax, Release and Roll	Jen
	5:30 PM	Deep Stretch	Kayleigh
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
	11:15 AM	Everyday Mindfulness (pre-registration is required)	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:30 PM	Yoga with Weights	Kayleigh
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.peacefullyogawithjen.com

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

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

