



Peaceful Yoga

Namaste,

Happy Fall Y'all! We are transitioning into my favorite season of the year, Autumn. With its warm days and chilly nights, it gives you the best of both worlds. You can sit out in the sun during the day feeling wrapped up in a warm blanket. Then at night, you can cozy up in your favorite sweatshirt and enjoy the crisp cool evening air.

Transitions, as I have talked about before, can be wonderful and scary, happy, and sad. But they are a part of life. Learning how to navigate transitions can be challenging, but so incredibly beneficial. We can learn a lot about transitions from Mother Nature. Changing from one season to the next does not just happen overnight, there are slow changes, gradually taking place overtime. Leaves gradually turn from green to beautiful reds, oranges, and golds. Eventually, they turn brown, but not before they put on a spectacular display. So, if you know a transition needs to take place in your life and if you have control over it, then make the transition slowly. Do your best to be in each and every moment mindfully, whether it is a positive or negative transition.

Speaking of transitions, I need to let you know about one that will be taking place at the studio. Kayleigh will be leaving us. She will be making a transition of her own, leaving Pennsylvania and heading down to Florida. Her last day of teaching will be on October 12th. I hope you can join her for her last class and then hang around afterwards as we have a Pot-Luck send-off. If you do want to come and say goodbyes, let me know what you would like to bring to the potluck. We will have a list at the front desk starting this week.

I want to take this time to thank Kayleigh for being a part of the Peaceful Yoga community. She started out as a student and has grown into a wonderful yoga teacher. She has always been up to teaching any class when Courtney or I needed a sub. And when Courtney was out on maternity leave, she did not hesitate to help and take on all of Courtney's classes. When I asked her to take a Pilates training course so she could sub for me, she did not hesitate. Her willingness to help

whenever I needed her has been such a blessing and I will be forever grateful to her for all her time and dedication. She will surely be missed! I am sure wherever she lands in Florida, she will be a wonderful asset to their yoga community. Best of luck to you Kayleigh!

I hope you enjoy this fall season everyone and hope to see you on the mat soon!

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.

Lindsay's Story:

My yoga story began 27 years ago, when I was in college, I took yoga as an extracurricular class. What I thought was a way to earn extra credits turned into an introduction to a practice that would become a lifelong passion of mindful movement. From my very first class, I was hooked. I was amazed with the impact that yoga had over all the realms of my well-being. Throughout the subsequent stages of my life, I've practiced yoga regularly and it has served me in different ways throughout the years. When I was a college student, it helped to ground me amidst a big time of change and

growth. After college, I became a Kindergarten teacher, and a weekly yoga class helped to calm and center me after a long day of teaching. After 15 years in the classroom, I stayed home to raise my children. During that chapter of my life, yoga served as an instrument of both strength and stillness during very busy days focusing on home life.

Now that my children are both off to school, I'm entering a new phase of my life as a yoga instructor! It's both an honor and a pleasure to teach a practice that is so very near to my heart and has shaped my life for the better, beyond measure. Throughout the course of my yoga training, I grew in unexpected ways. The philosophy of this ancient practice has expanded my layers of thinking and made new concepts bloom in both my heart and my mind. The asanas have provided my body with greater strength, flexibility, and mobility. And above all, I learned the power of belonging to a yoga community that can uplift in abundant ways.

Becoming a part of the Peaceful Yoga community has been a remarkable experience, revealing the many gifts that come from practicing together in a warm, calm, and welcoming space alongside people who share the common goals of connecting the body, mind, and spirit. I'm pleased, and beyond grateful, to become a part of this incredible studio. I will meet you on the mat. Namaste!

Thank you, Lindsay, for sharing your story. By the way, I am very excited to say that Lindsay will be joining the Peaceful Yoga community no longer as a student but as a teacher! She will be teaching on Sunday mornings beginning October 26th. Time and type of practice are still being decided but stay tuned! I hope you can join her!

So, who is willing to share their yoga story next?

Studio Updates

Subs and cancellations for the upcoming months:

Sunday, Sept. 28th, Courtney is subbing for Kayleigh's Slow Flow

Sunday, Oct. 12th, Kayleigh's last class and Good-bye Potluck

Monday, Oct. 13th, Studio is closed for the holiday

Saturday, Oct. 18th, Yoga4Cancer is cancelled

Sunday, Oct. 19th, Courtney teaching

Tuesday, Oct. 21st, Tammy subbing for Jen's Gentle Class

Thursday, Oct. 23rd, Jen subbing for Courtney's Yoga with Weights

Sunday, Oct. 26th, Lindsay's Class begins

Saturday, Nov. 22nd, Yoga4Cancer is cancelled

Thursday, Nov. 27th, Studio is closed, Happy Thanksgiving

Wednesday, Dec. 24th, Yoga4Cancer is cancelled

Thursday, Dec. 25th, Studio is closed, Merry Christmas

Wednesday, Dec. 31st, Yoga4Cancer is cancelled

Thursday, Jan. 1st, Studio is closed

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 – Friday, Oct. 3rd @ 11:45am

Yoga at the Park – Wednesdays, weather permitting.

Full Moon Crystal Sound Bath – Sunday, October 5th @ 6pm \$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, October 16th @ 6:30 held at The Castle Inn in Delaware Water Gap

Tricky Tray for Breast Friends of PA – Sat., October 25th, 11-4pm @ American Candle

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	Slow Flow	Kayleigh
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 (Held at Chestnuthill Park)	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

Web: www.peacefulyogawithjen.com

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

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