



Namaste,

Om Ram Ramaya Swaha, Sanskrit for “I bring balance and strength into my life.” I have decided that this is going to be my mantra and intention for the next few months, if not for the rest of the year.

The Sanskrit word for intention is Sankalpa. Kalpa means vow, and San means a connection with our highest truth. A Sankalpa, then, is a promise that we make to support our highest truth. If you have attended my classes, you have heard me ask you to set an intention for your practice and occasionally I will have you revisit it during the class. An intention is something that really rings true for us personally, not just something that we think we should do. Examples of common intentions are: To Be, Love, Peace, Calm, Mindful or Present, Grounded, Grateful, and To Breathe. They should always be positive and stated as if it is already true in your life.

Intention-setting takes yoga beyond being physical practice and brings it off your mat and into your life. Take my above intention for example. On the mat, I can practice balance poses such as tree or eagle. I can also build my strength in poses such as Warrior 2 or Plank. However, where else in life can I find balance and strength? Mentally, if anxious, I can work on relaxation exercises that will calm and balance out my emotions. I need strength emotionally at times when faced with a difficult challenge. When we work on our intentions on the mat, it helps to build and reinforce the qualities off the mat.

My challenge for you this month is to find your intention or Sankalpa; be it for a day, week, month, or even a year. What do you need in your life? What is something that you desire or would like to see unfold? Is this something that you just think that you want or is it something your heart is telling you that you are need of as well? If you do not know where to start in setting an intention, please ask, I have several ideas on ways to help you to find one.

Be Well Everyone,

Jen

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

Class Spotlight



**Tammy's Pilates/Yoga Fusion
Friday 10:00 AM**

"The Pilates/Yoga Fusion class that I teach is a great way to develop core strength and get in a good stretch at the end. It has helped many with back and posture issues as the core is behind every movement we make throughout the day. There are levels and modifications to the exercises so that you can slowly build your core strength over time. I find that it is a must have in my weekly wellness regiment!" – Tammy

Cathy S. and her husband Frank S. are regular attendees of the Pilates class. Here is what she has to say, *"My husband and I are retired and look so forward to attending Pilates. Tammy always offers different levels to accommodate our ability. My husband has always had back issues. Pilates and yoga postures have helped both of us improve our strength and flexibility. Class is something we can do together. We consider it our weekly get away."*

Studio Updates

Subs and cancellations for the month:

Wednesday, June 14th Courtney is subbing for Jen's Class (held in studio)

Thursday June 15th Kayleigh is subbing for Jen's Chair Class.

Friday, June 16th Tammy subbing for Jen's Yin Class

Saturday, June 17th Fallon subbing for Jen's All Levels with Restoratives

*Tuesday, July 4th Studio is closed. **Happy Independence Day!***

Wednesday, July 5th Courtney is subbing for Jen's Class (held in studio)

Tuesday, July 11th Courtney is subbing for Jen's Gentle Class
 Wednesday, July 12th Courtney is subbing for Jen's Class (held in studio)
 Thursday, July 13th Kayleigh is subbing for Jen's Chair Class
 Friday, July 14th Tammy is subbing for Jen's Yin Class
 Saturday, July 15th Fallon subbing for Jen's All Levels with Restoratives
 Wednesday, July 19th Courtney subbing for Jen's Class (held in studio)

Studio Events

***Pre-registration required for all the below events.
 More details are on the website.***

Yoga for Amputees – The 4th Saturday of every month at 11:15am
Ballet Barre Fit – 5-week series beginning Monday May 1st @ 5:15 Cost \$75 or
 \$18/class.

***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	Easy Like Sunday Morning	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
Tuesday	9:00 AM	Gentle	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	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 make purchase a class card: <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>