



Namaste,

I would like to begin this newsletter with a huge thank you to Kayleigh. Without hesitation, she took on all of Courtney's classes when Courtney left to be with her little one. It was wonderful to be able to leave all the classes in her more than capable hands. THANK YOU, KAYLEIGH!

That all being said, I am excited to welcome Courtney back to the studio. She will be teaching her Tuesday and Thursday night classes again. Kayleigh will continue to teach Sunday and Monday nights.

In our *Off the Mat Chapter Chat* book club, we discussed Ahimsa, the first Yama, meaning non-harming. The first thing that you are not supposed to harm is yourself. With this same idea in mind, during this month focused on love, I hope that instead of only depending upon happiness from love outside of yourself that you can find love within. Learn to focus on balancing kindness, acceptance, support, and nurturance towards yourself. This can be done in many ways, and a wonderful way is through consistent yoga practice that includes movement, breathwork and meditation. If you need some help on this journey of self-love, remember, we are always here for you!

As a friendly reminder, now that winter has arrived, please check the website, Instagram, or Facebook, if the weather is questionable. If we cancel classes at the studio, they will be on Zoom. We will post notifications at least one hour before the start of classes.

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 this new year, 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.

Elizabeth G.:

I went to my first Peaceful Yoga class in July 2024, when I was in the middle of chemotherapy for breast cancer. I had just been diagnosed a few months earlier and was still reeling from the chaos of appointments, tests, and scans, in addition to dealing with chemo symptoms. A friend recommended Jen's new Yoga4Cancer classes, and I signed up right away. I've been going ever since!

Every week, Jen focuses on addressing different symptoms of treatment, like nausea, fatigue, anxiety, and so on. Her guidance has taught me how to ground myself in the present moment, energize myself through movement, and rest deeply. In the stress and uncertainty of cancer, yoga helped me find peace.

Through chemo, surgery, radiation, and now survivorship, yoga has become a source of healing in my life. It has helped me rebuild my strength, both physically and emotionally, and I'm excited to continue learning and improving in my practice. Thank you, Jen!

Thank you, Elizabeth, for sharing your story.

If you or anyone you know is going through cancer treatments, survivorship or is a caregiver of someone with cancer, please let them know about these Yoga4Cancer classes. Right now, there is a class on Thursdays at 1pm in the studio. I am willing to run more or to hold them on Zoom. I just need to know who would be interested.

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

Studio Updates

Subs and cancellations for the upcoming months:

2/3/25, Monday, Jen subbing for Kayleigh's Candlelit

Courtney returning Tuesday 2/4 and Thursday 2/6

3/1/25, Saturday, Kayleigh subbing for Jen's All Levels with Restoratives

Studio Events

More details are on the website.

Yoga4Cancer – Every Thursday @ 1pm \$5

Okuden Reiki Level II Training – Sat & Sun Feb.8th & 9th \$275

Rebirthing Breathwork – Saturday, Feb 15th \$30

Reiki share – Sunday Feb.23rd 1-3pm

Mindful Eating – Saturday, March 29th more info coming soon.

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 | Yoga du Jour | Jen |
| | 5:00 PM | Deep Stretch | Courtney |
| Wednesday | 9:00 AM | Stretch, Relax and Meditate | Jen |
| | 10:45 AM | Intro to Pilates | 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 | Tammy |
| Saturday | 8:00 AM | Intro to Pilates | Jen |

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| 9:30 AM | All Levels w/restoratives | Jen |
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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)