



Namaste,

Spring has sprung here in the Poconos, well, it is starting to anyway! Even though all the blooming trees and flowers cause my eyes to itch and my nose to run, I still love seeing the burst of colors after the dreariness of the winter months. The change always begins small as we see the flowers start to poke their heads through the ground and trees forming their buds. But then, it suddenly feels like every day there is something new to see. This is a great reminder for us to be mindful, so we can see and experience all the wonders around us and not miss anything.

Spring is a time of renewal, growth, and expansion. This is the season to make new plans, formulate innovative ideas, make decisions, and determine our direction for the coming year. It is also a time to act. As a reminder, when we start to make changes, just like nature, the progress will be slow at first, so do not get discouraged. If you stay consistent, positive, and keep up your hard work the change will come.

Speaking of change, we have modifications taking place at the beginning of the month. Sunday's Slow Flow will be moving to 10:30 a.m., and Monday night's class will move to 5:30 p.m. and be a Yin Yang Flow. I hope you can join Kayleigh!

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.

Pam S.:

Guy and I first came to Peaceful Yoga in January of 2023, when I retired. We'd planned to start taking yoga classes when we'd had time, and this was the time. Spotting Peaceful Yoga on Route 209 in late 2022, we thought how lucky it was that a studio was so close to home. My retirement-present gift card from my husband for the beginners' workshop and additional classes put us on a course that I never would have thought possible. It didn't happen overnight, but it did happen.

We started just coming to the beginners' workshop, thinking "this is harder than it looks." After "graduating" from Beginner's to the Gentle Yoga class, we met more of the studio clients and started making friends. We added a class here and there and enjoyed the challenge. When responsibilities for aging family members grew, we found community in the people there and it was a safe place not only to practice but also to share the challenges outside of trying to get better at yoga.

When the time came, we were able to add more and more classes until we found ourselves at the studio every day, often for multiple classes. Being retired made this a whole lot easier, as did the monthly class card! And it's been so nice for Guy and me to practice yoga daily together in our retirement.

Physically, I'd struggled with knee osteoarthritis for the better part of the past 8 years. When I was younger, I was very active and over the years had lost so much mobility that I couldn't do so many things I used to enjoy like going walking, hiking and biking. I'd been told that ultimately, I'd need both knees replaced "down the road," but it wasn't something I was looking forward to (who would?). Anyone who has bad knees knows of the aches and pains it brings, and yoga really seemed to help me get stronger and more flexible. I couldn't go for walks, but I could do a downward facing dog and a forward fold! The knee replacement journey reached a head in November 2024 when I had my right knee replaced and then again in January 2025 when the left knee was done.

Together with PT, I credit yoga with my relatively rapid recovery from the surgeries. I'm the kind of person who sets goals and works hard once I put my mind to something, and getting ready for surgery involved doing a lot of strengthening work at home and at the studio. I sought advice from the various instructors, all of whom have special knowledge to share and they do so freely. It is an ongoing process for me to learn to be patient with myself and to progress at the pace that is right for me, to not worry about keeping up with the students who are obviously more experienced, and to be grateful for the mobility and recovery I have. It's still a challenge to "notice without judgment" but it's such a valuable lesson. I'm grateful for the support and encouragement I've received in my knee replacement experience and for everything I've learned in the process.

I've found a real sense of community at Peaceful Yoga. Like-minded people are on similar journeys with similar struggles and we're all in this together. I took Jen's

Mindfulness series, I'm attending the Chapter Chat, and I've attended the sound bath and highly recommend all. It might sound crazy, but it's just possible that I'm gradually developing a sense of calmness that makes it easier to deal with the ups and downs of life. Some of that is undoubtedly from yoga but I know quite a bit is also from the community that I never knew I needed.

Thanks Jen, Tammy, Courtney and Kayleigh for providing a place where we can be free to learn and practice and grow.

Thank you, Pam, for sharing your story.

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

Studio Updates

Subs and cancellations for the upcoming months:

Tuesday, April 1st, Kayleigh subbing for Courtney's Deep Stretch
Thursday, April 3rd, Kayleigh subbing for Courtney's Yoga with Weights
Beginning April 6th, Sunday's Slow Flow will move to 10:30am
Beginning April 7th, Candlelit will change to Yin Yang Flow and begin at 5:30pm
Monday, April 28th, Tai Chi is cancelled
Thursday, May 1st, Jen is subbing for Tammy's All Levels
Friday, May 2nd, Jen is subbing for Tammy's Pilates

Studio Events

More details are on the website.

Yoga4Cancer – Every Wednesday at 6pm & Thursday @ 1pm FREE (*willing to offer on a Saturday as well if there is enough interest.*)

Off the Mat Chapter Chat – Friday, April 4th @ 11:45

Sound Bath – Friday, April 11th @ 6:30pm \$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	10:30 AM	Slow Flow (new time begins 4/6)	Kayleigh
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	5:30 PM	Yin Yang Flow (begins 4/7)	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
	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)