



Namaste,

Once again, I am amazed that I am sitting here writing another newsletter. Time is flying by, and it only seems to be going faster and faster. Even more reason to work on being mindful and present, and another great reason is connecting to our intuition.

I am taking a training right now that is teaching me how to connect more to my intuition which is the power or faculty of attaining direct knowledge or cognition without evident rational thought and inference (Webster's Dictionary). We all are intuitive, and some are more connected than others. You have, more than likely, experienced it many times in your life. Have you ever felt that pit in the bottom of your stomach when something did not feel right? Well, that is your intuition. Just like anything else, your connection to your intuition can improve with practice and training.

A wonderful way to work on strengthening your intuition is through mindfulness practice. When caught in the past with our thoughts or trapped in a spiral of worry, thinking about our future, we are getting in the way of our intuition. By being present and mindful, our mind can be still enabling us to listen, feel, and sense a deeper part of ourselves.

Whether you want to connect to your intuition or want to invite a healthy new habit into your life, mindfulness practice will be beneficial to you. Beginning in September, I am offering a 10-week Mindfulness Meditation training. You can attend as many as you would like, one session or all. Head over to the website next week or give me a call to find out more information about this new program!

Be Well Everyone,

Jen

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

Class Spotlight



**Jen's Stretch Relax and Meditate
Wednesday, 9:30 AM**

"SRMs name came from a class offered at the Himalayan Institute in Honesdale, PA. I fell in love with the class there and wanted to share it with you. I really enjoy the combination of asana, relaxation, and meditation. I find it gives my students more of a well-rounded practice; a total mind-body-spirit connection.

The physical practice is an All-Levels practice, so anyone can join from novice to even the most seasoned yoga practitioner. We do tend to be up and down a lot, so keep that in mind if that is something difficult for you. Though, if I know, I can always give modifications. During the final resting pose, I will guide you through a relaxation exercise. They vary from practices such as guided visualizations to progressive muscle relaxation. Then we come up and sit for a guided meditation. Again, the meditations vary from watching the breath to loving kindness. Typically, once a month I will combine the two for a yoga nidra practice. Yoga nidra is said to provide the body with 7x more rest than sleep alone. It is quite lovely.

In 2014, I began teaching yoga every Wednesday at Chestnuthill Park. Now I only teach there during the lovely days from Spring to Fall, but it is my favorite place to teach! Don't get me wrong, I love the studio, but being able to teach outside in such a beautiful setting is such a blessing." - Jen

"There is something so enjoyable for anyone who practices yoga at any level to be on your mat outdoors. That's why every Wednesday morning you'll likely find me at Chestnuthill Park for Jen's class there. In case you are wondering – there is a large, covered platform that we are on – and it's so special to feel the breeze, hear the birds, and just breathe it in. It's a great class, made all the better because it's outside.

Weather permitting of course. What can I say besides 'highly recommended!'" – student L.H.

Studio Updates

Subs and cancellations for the month:

Tuesday, August 1st Courtney is subbing for Jen's Gentle Class

Sunday, August 6th, Kayleigh is subbing for all of Courtney's classes.

Studio Events

More details are on the website.

Yoga at the Park – Wednesday mornings at 9:30 (*weather permitting or if Jen away*)

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

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