



Namaste,

I hope you are all enjoying your summer! It is hard to believe that it is August already. This is short and sweet because I am on my last vacation with the family for the season. I hope you can make some fun memories with friends and loved ones too!

Be sure to check out our upcoming events both at the studio and in the community!

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.

Lois H.:

It was back in 2015 when I decided it was time to start doing something physically for myself. I had turned 65 and was just coasting on my health and good luck. I was going to the Y and trying lots of different things when I discovered Peaceful Yoga with Jen. There was no going back from there.

I love everything about this studio – the intimacy, the comfort level and of course over these past few years, I credit my yoga practice with helping me do well when I've fallen and NOT gotten hurt, or when emotional struggles happen, I remember to breathe.

I've learned to listen to my body and push it just enough but not too much. I've learned the joy of being on the mat and how, in tumultuous times, I can calm my mind...eventually.

It's a part of my life and I look forward to it and have built a routine around it. I'm not very self-disciplined so going to classes is exactly what I need. Plus, the camaraderie is nice. Jen is always reaching out into the community and doing wonderful things to quietly help in many ways.

I am grateful to Jen and Tammy for all they provide for those of us who get to enjoy this charming small yoga studio right here in our community.

Thank you, Lois, for sharing your story.

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

Studio Updates

Subs and cancellations for the upcoming months:

Thursday, July 31st, Kayleigh subbing for Jen's Chair and Yoga4Cancer is cancelled.

Sunday, August 3rd, Jen subbing for Kayleigh's Slow Flow

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.*)

New Moon Crystal Sound Bath – Saturday, August 23rd @ 7pm \$25

Reiki Share – Sunday, August 24th @ 1pm

Off the Mat Chapter Chat – Friday, August 1st @ 11:45 and Sept. 5th

Yoga at the Park – Wednesdays, weather permitting

Private Individual or Group Yoga Sessions, Energy sessions as well as Yoga Therapy sessions are always available.

Other events held elsewhere:

Candlelight Yoga Nidra – Friday, Aug. 15th @ 7 held at The Castle Inn in Delaware
Water Gap

Butterfly Release for Peace – Wednesday, Sept. 17th @ 5:30pm @ Harmony Gardens

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	Intro to Pilates	Jen
Thursday	6:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	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.peacefulyogawithjen.com

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

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