



# Peaceful Yoga

Namaste,

As I have mentioned in my previous newsletters, I have been working this winter on strengthening my meditation and mindfulness practices as well as my understanding of our energy body. I have been learning so much regarding energy and how our thoughts and actions can influence not just our own energy and the energy of those around us as well as the planet. I am not going to go too in depth into it, but one of the things that I have learned is that different emotions can be measured as having different frequencies. Love is the highest frequency you can vibrate in and is the highest state of consciousness. Fear, anger, hatred, all those negative emotions vibrate at a lower frequency than love. Lower frequencies cannot continue to exist in higher ones.

My apologies if this could be interpreted as political, it is not meant to be. Since the invasion of Ukraine, I have been channeling energy (praying) to the people of Ukraine. I drop down into my heart in order to do this because that is where I feel the love, peace and hope; my head has those negative emotions that I want to stay away from. I also do the same for Putin. Certainly not because I am in support of him, because that is far from the truth, but because I believe that if he can feel the frequencies of love and peace, then his choices would have to change. Plus, energy feeds on itself. The more that hate, fear, anger is put out there, the stronger it becomes. But the more love, light and peace we put out into the world, the stronger they become. I don't know about you, but Peace sounds so lovely to me. Just a little food for thought.

On this same subject, Vyolet will be channeling a meditation from Mechi for the people involved the Ukrainian war on Tuesday, March 1st. The Zoom will start at 6:30

PM (EST). She will give everyone a few minutes to get on, then start the meditation. Once the meditation starts, she will not be able to add anyone in so please jump in on time. Hope to see you all there!

Join Zoom Meeting  
<https://us02web.zoom.us/j/88485587055>

Meeting ID: 884 8558 7055

Stay Safe and Be Well,

Jen

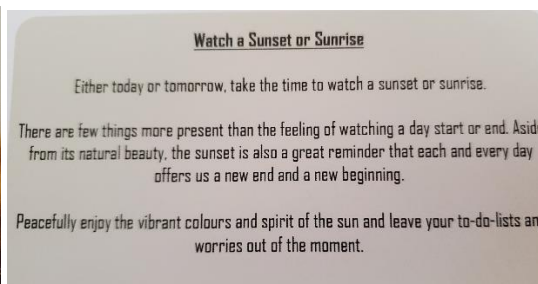
P.S. If you would not like to receive this newsletter any longer, please respond to this email, and I will be happy to remove you from the list.

## Studio Updates

### A month of mindfulness

For the month of March, I would love it if you would join me in a mindfulness challenge. Mindfulness helps us to live more in the here and now. It is about paying more attention to the little moments that really are what make life so... life-worthy. Finding the beauty and joy in these "little moments" can reduce stress, improve confidence and bring you a happier outlook on life. The best part, it only takes a few minutes of your day!

Every day I will post a picture on Facebook, like the one below. We will also have it written on the white board at the studio. If neither of those work for you, just send me a text, and I will text it to you regularly. The cards come from the company embracingmindfulness.com. Here's to developing a more mindful attitude towards life and to being a more confident and happier you!



### **New Class: Belly Dancing!!!**

Teri is back for a 6-week Belly Dance Basics class! Belly Dance is a form of movement that is ancient in origin & diverse in cultural influences. The dance teaches graceful movement, improved posture & imparts empowerment as dancers work on body awareness & isolation of muscle groups. The dance focuses on specific elements of body movement corresponding to energy centers, chakras, encouraging free flow of chi throughout the body.

Classes will run for 6 consecutive weeks on Wednesday nights at 5:30 beginning March 2nd. \$75 for all 6 classes or \$15 for a drop-in class. Call, text, email or just stop in the studio to register!

### **Subs and cancellations for the month**

Kayleigh is subbing for Courtney's classes on Sunday, March 27<sup>th</sup> and Tuesday, March 29<sup>th</sup>.

### **Inclement Weather Notice**

If the weather is bad, classes at the studio will be cancelled and we will hold them via Zoom except for the Barre class. Please check the website, Facebook, or your email (if you signed up) for updates. I will always post before 8 am if we are cancelling morning classes and no later than 3 pm if evening ones are cancelled.

## Studio Events

### **Belly Dance Basics**

Wednesdays, March 2 – April 6th  
5:30-6:30 p.m. \$75 for the 6-week session or \$15 drop-in

### **Ballet Fit Barre**

Mondays, March 7 – March 28th  
5:15-6:30 p.m. \$60 for the 4-week session

### **108 Sun Salutations**

Sunday, March 20<sup>th</sup> 11am (in lieu of Vinyasa Flow)  
11-12:30 pm Cost is \$15 sign up via sign-up genius

### **Crystal Bowl Sound Bath**

Friday, April 29<sup>th</sup> 7-8:30pm  
Cost is \$25 sign up via sign-up genius

*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
	5:15PM	Ballet Fit Barre (special price)	Betsey
Tuesday	9:00 AM	Gentle	Jen
	10:45 AM	Restorative (bring 3 blankets)	Jen
	5:30 PM	Deep Stretch	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
	5:30 PM	Belly Dance Basics	Teri
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	6:30 PM	Revive and Restore	Jillian
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
	5:30 PM	Bonus Class: type varies	Kayleigh
Saturday	9:30 AM	All Levels	Jen
	11:30 AM	Yoga for Amputees	Jen

In Class Sign-up: Please remember that if you would like to attend class in the studio you need to sign-up through Sign-Up Genius. The links for each week are here:

**2/27-3/5/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful90>

**3/6-3/12/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful91>

**3/13-3/19/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful92>

**3/20-3/26/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful93>

**3/27-4/2/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful94>

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](mailto:Jenakob729@gmail.com)

Web: [www.peacefullyogawithjen.com](http://www.peacefullyogawithjen.com)

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