



# Peaceful Yoga

Namaste,

Wow, the last month of 2023 is upon us. Is it me or does time seem to be going by faster? I know they say as you mature (*doesn't that sound better than getting older*) time has a way of doing that. Whether you have felt this year has gone by quickly, dragged on, or has felt just right, this month is a good time for a little reflection.

Between the ups and downs of the year, what have you learned? How have you grown? What gifts have you shared with others? Gifts do not have to be material things, it could be a talent that you have, a kind word, a smile. How have you impacted other people's lives? Are there things (material, mental, emotional) that you are holding on to that are no longer in service to you? Can you let them go, if not, what will you need to do next year to help you to move forward?

When we take time for such reflections, we can give ourselves a little credit where credit is due, or on the flip side, recognize that to be a healthier, happier version of ourselves changes may need to be made. In class, I will often ask you to scan your body and notice how you are feeling, but to always do so without judgement. With this reflection, please do so without judgement. Perhaps there are things that occurred that you may not feel so great about how you or others behaved. Don't judge yourself or anyone else; rather, accept what has occurred and then learn from the behavior.

This month explore your lessons from triumphs to disappointments as well as loves to heartaches. Then, when the new year rolls around, set goals and intentions to help you to continue to learn, grow, and be the best version of who you are meant to be.

To help you take care of yourselves during the holiday season, the studio will be open every day other than Christmas and New Year's Day. Additionally, Vyolet and I are offering a Restorative Sound Bath on the 29<sup>th</sup>. Restorative yoga, a little energy work and sound healing, what could be better way to say goodbye to 2023. I hope you can join us!

Happy Holidays Everyone!

Jen

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

## Class Spotlight



***Courtney's Vinyasa Flow  
Sunday, 11 am***

When I asked Rod how he felt about the Vinyasa class, this is what he said: *“In my opinion, it is the most challenging class. It is a great way to challenge your body with things that maybe you didn't think you could do. Courtney brings pleasure, confidence, and insight into your practice.”*

From Courtney: *“Vinyasa yoga is a dynamic and fluid style of yoga that emphasizes the synchronized movement of breath with a sequence of poses. Vinyasa encourages a seamless transition from one posture to another, creating a harmonious and continuous flow. This practice cultivates strength, flexibility, balance, and mindfulness. Each movement is linked to an inhalation or exhalation, creating a rhythmic and meditative experience.*

*Vinyasa yoga offers a creative and adaptable approach, allowing practitioners to explore various sequences while fostering a deeper connection between breath, body, and mind.*

*This class is meant to be a little more challenging in terms of pace and poses compared to other classes held at the studio. But every practitioner is deeply encouraged to listen to your body and just do what feels right! The 11 am vinyasa is put together as a feel-good class! So, try it, and have fun! “*

## Studio Updates

### Subs and cancellations for the month:

Saturday, December 2<sup>nd</sup>, Kayleigh subbing for Jen's All Levels with Restoratives  
Wednesday, December 20<sup>th</sup>, Tammy subbing for Jen's Stretch Relax & Meditate  
Monday, December 25<sup>th</sup>, Studio closed, *Merry Christmas!*  
Monday, January 1<sup>st</sup>, Studio closed, *Happy New Year!*

### Studio Events

*More details are on the website.*

**Holiday Shoppe** – All of December

**Reiki Share** – Wed, Dec. 6<sup>th</sup> 5:30pm

**108 Sun Salutations** – Wed, Dec. 20<sup>th</sup> 5pm

**Candlelight Restorative and Sound Bath** – Fri, Dec. 29<sup>th</sup> 6pm

**Everyday Mindfulness** – 10 Weeks beginning Jan. 3<sup>rd</sup> On-line only

**Beginner's Workshop** – 4 weeks beginning Jan. 10<sup>th</sup>

*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	Slow Flow	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Courtney
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 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 make purchase a class card: <http://peaceful-yoga-with-jen.square.site/>

## Peaceful Yoga with Jen

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