



Namaste,

Have you ever noticed that you get more done when you have a lot to do, compared to when you have lots of time on your hands? Yes, one could argue you get more done because you have more to do, but that is not really what I mean. When I have a large list of things to do in a day, week, month, I have more productive days. I budget my time so that I can get everything done. When I have time on my hands, I procrastinate and frankly waste tons of time doing nothing productive, when there are still plenty of things that could be done.

I find during my busy times I accomplish tasks and am better at taking time for myself in healthy ways: walks, exercise, meditation, and yoga. I make sure to take this time because I know that doing these things helps me to be more productive. It helps me to find balance, a state of homeostasis if you will. During my down times, even the things I know that are good for me, I slack off and do not do the things that rejuvenate me. Unfortunately, this typically leaves me feeling physically imbalanced followed by being annoyed and frustrated with myself.

"Jen, where are you going with this," you ask? I am talking about balance. Where do you need to find balance in your life? During my down times, I need to find more balance. For many of you, it may be the opposite. Sometimes we feel that there is not enough time during the day to get things done, and we are highly stressed and under pressure. If this is you, I encourage you to look at your days and see if you make time for yourself to do something positive, healthy for you.

I know, you are thinking, "I already don't have enough time and now you want me to add something else on to my plate?" Yes, I do. If you can schedule small breaks in your day to do something just for you, I guarantee you will end up being more productive and healthier over time.

I encourage you this month to look and examine where you need more balance in your life. It could be how to balance your time between work and fun; productivity and relaxation; Maybe it could be a balance in the food you eat, dining out vs.

cooking in; perhaps time spent in front of a device compared to time spent out in nature; time sitting compared to moving; time alone compared to time spent with people; or even work to do on your yoga mat, strengthening vs. stretching muscles. The need for balance, homeostasis, can be found in any aspect of your life. Where do you think you need it most?

Be Well and Balanced,

Jen

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

Yoga Therapist's Corner



When working with individuals in yoga therapy sessions, I gear the treatment around the Koshas. In yogic philosophy, the Koshas are the 5 sheaths or layers of your being.

- The outermost layer, *Annamaya Kosha* (body/matter/food), relates to movement and makes up the physical body that moves about in and acts on the material world.
- *Pranamaya Kosha* (prana/breath), relates to our life energy or our vital energy (prana/chi)
- *Manomaya Kosha* (mind/mental states) relates to our senses and emotions.
- *Vijnanamaya Kosha* (intellect/wisdom) relates to our thought patterns and reason.
- The innermost layer, *Anandamay Kosha* (Bliss/Spirit/Higher self) is a state of universal consciousness through which we are connected to all beings.

The Koshas are all inter-related. The innermost sheath relies on pure inspiration for life; yet the bliss sheath also needs to receive from spiritual experience. When you feel inspired about life, the intellectual sheath finds the motivation to continue purification of the mind with meditation and spiritual study. As the intellect remains peaceful, the mind sheath is guided in

emotional stability and moderate usage of the senses. A healthy mind leads to proper breath and vital energy. The breath invigorates the outermost sheath of the body composed of food. And finally, if we physically are not feeling well, we can see the impact of that in our inner sheaths as well.

There are ways to nourish and care for each level of our being:

- *Physical Kosha*: Eat a healthy diet, movement like dancing, running, yoga, strengthening exercises like weightlifting, systematic tension, and relaxation exercises.
- *Energy/Breath Kosha*: Exercise, various breathing techniques, working with the chakras, yoga asana practices, energetic martial arts such as Tai Chi, Reiki
- *Mind Kosha*: Filter images that we receive and monitor the input that we take in: observing beautiful works of art, surrounding yourself with beauty, listening to nice music, uplifting tv programs, essential oils. Practice mindfulness, pranayama techniques such as alternate nostril breathing and diaphragmatic breathing.
- *Intellect Kosha*: To care for the mind, we can reduce sensory input and feed the mind with positive energy. Intellect helps guide the mind in coping with emotional reactions by honing the art of perception. Remember that happiness lies within and not out in the material world. Meditation.
- *Spiritual Kosha*: Join your personal religious group for worship, singing, chanting or prayer. Reflect on deep spiritual experiences in your life, sit in the presence of special spiritual teachers who inspire you, read scriptures, meditation, volunteer.

There is one thing that we can do that will nourish each Kosha all at once, and that is spending time in nature. Nature is nourishing for your body, mind, and soul. Beginning this Wednesday, May 1st, (weather and temperature permitting), my Wednesday morning class at 9:30 will be held at Chestnuthill Park. It is wonderful to spend time out in nature, it is a bonus to practice yoga out in nature too! I hope you can join me!

Studio Updates

Subs and cancellations for the upcoming months:

Sunday, May 12th, Kayleigh subbing for Courtney's Classes
Monday, May 13th, Jen subbing for Courtney's Candlelit
Saturday, May 18th, Kayleigh subbing for Jen's All Levels
Friday, May 24th, Tammy subbing for Jen's Yin Class
Saturday, June 1st, Kayleigh subbing for Jen's All Levels
Saturday, June 22nd, Kayleigh subbing for Jen's All Levels
Thursday, July 4th, Studio closed, Happy 4th of July

Studio Events

More details are on the website.

Yoga at the Park – Every Wednesday @ 9:30am (weather permitting)

Reiki Share – Sunday, May 19th 1-3pm donation based.

Reiki Level II – Sat. & Sun. June 1st & 2nd 2-6pm \$275

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
	10:45 AM	Yoga for Balance & Strength	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 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](#)