

The logo for 'Peaceful Yoga' is set against a dark, starry night sky background. The word 'Peaceful' is written in a white, cursive font, and 'Yoga' is written below it in a similar font, with a small globe icon integrated into the letter 'o'. To the right of the text is a glowing, golden heart.

Peaceful  
Yoga

Namaste,

There are many lessons that we can learn from Mother Nature. The change in seasons is an important one. In winter the natural world is withdrawing and embracing a long, dark season of slumber and dormancy. The winter season holds the perfect antidote to the fast-paced mobility of the summer and fall. This is a time to rest, reflect, hold space, vision, hibernate and withdraw some of your outwardly focused energy and redirect it inward.

I have been doing just that by reading some fascinating inspirational books, increasing my meditation practice and journaling. I have cut back on my physical yoga practice just a little bit and have done more restorative and yin type practices. However, there are times that I feel sluggish and then I try and get myself to move more. Whenever it is sunny or the temperature isn't in the single digits or below, I make sure to take a walk and breathe in the clean, crisp air and focus on connecting with nature.

I hope that you have been able to connect with this winter season in a way that works best for you. If you are not sure what to do, just sit for awhile and listen to what your body is telling you it needs. By listening, I do not mean with your head, drop your awareness down into your heart and listen from there.

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**

### **Class Schedule Updates for this Month**

Two changes to the schedule this month. Jill's Wednesday night class is moving to Thursday night. It will be called Revive and Restore. It will be a combination of vinyasa flow and restorative. Sounds so lovely! I hope you can join her at 6:30pm.

Kayleigh will be running a Bonus Class on Friday's at 5:30pm. The type of class will change weekly; 2/4 Deep Stretch, 2/11 All Levels, 2/18 Gentle, 2/25 Vinyasa Flow.

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

Covid has snuck into my home once again, hopefully for the last time. Therefore, I will not be in this week (1/30-2/5/22). Courtney will be subbing for my Tuesday Gentle and Restorative classes, as well as Saturday's All Levels. Tammy will be teaching for my Wednesday Stretch Relax and Meditate and Friday morning Yin. Thursday's Chair Yoga and Saturday's Amputee yoga are cancelled this week.

### **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**

### **Ballet Fit Barre**

Mondays, January 24 to February 28  
5:15-6:30 p.m. \$90 for the 6-week session

### **Quantum Energy Transformation**

Every other Sunday, January 16 (6 Weeks)  
2-4 p.m. \$35 each week

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

## **Class Schedule**

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Instructor</b>
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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
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:

- 1/30-2/5/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful86>
- 2/6-2/12/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful83>
- 2/13-2/19/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful84>
- 2/20-2/26/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful85>
- 2/27-3/5/2022**      <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful86>

### 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>