



Namaste,

It is hard to believe that there are only two months left of 2022. Not sure where the time has gone. However, when I reflect on the year, I find myself being extremely grateful. I am grateful for the things that one would consider to be positive of course, but also for things that one may consider to be negative as well. Why you ask? Well because I learned from the experiences. If you have had some negative experiences, try to put feelings aside for a moment and think about what you may have learned from them. Sometimes it is hard to find, but I believe you can do it and you will be grateful that you did.



We talk a lot about gratitude this month with the upcoming Thanksgiving holiday. Instead of focusing on the things we are grateful for, many of us are too focused on preparations and parties; our minds are racing, and our stress levels rise. By the time the holiday comes around, we are mentally, physically, and spiritually exhausted. But don't worry because we are here to help! Sue Debski will be offering a 3-week meditation workshop to help you to manage your holiday stress. I will be running another Relax, Release and Roll workshop to help you to physically release the tension in your body, specifically along your Back Lines. Additionally, Vyolet and I will be

joining forces again with another Restorative South Bath Workshop. I hope you take advantage of these offerings, but if not, please be kind to yourself this holiday season and focus on what you are grateful for, not what you need to do next. For more information on these events, head over to the website's event page.

In closing, I just want to tell you all how grateful I am every day to be doing what I do. I am extremely grateful to Courtney, Tammy, Kayleigh and Betsey for their hard work and dedication. And of course, thank you to all of you, our students who support our efforts to bring peace, health, and well-being into the world. As always, please remember if you have any questions, comments, suggestions, etc.... please do not hesitate in reaching out!

Happy Thanksgiving,

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

Subs and cancellations for the month:

Friday's Bonus class is no longer taking place.

Sunday November 6th Kayleigh subbing for Courtney's classes

Tuesday November 8th Jen subbing for Deep Stretch

Thursday November 10th Courtney's Vinyasa with weights is cancelled

Sunday November 13th Jen or Kayleigh subbing for Courtney's classes

Monday November 21st Tammy's Tai Chi is cancelled

Tuesday November 22nd Jen or Kayleigh subbing for Deep Stretch

*Thursday November 24th all classes are cancelled. **Happy Thanksgiving!***

Friday November 25th Tammy's Pilates is cancelled.

Sunday November 27th Jen or Kayleigh subbing for Courtney's classes

Studio Events

Managing Holiday Stress with Meditation – Wednesdays, beginning November 9th from 6-7pm. 3 weeks for \$70 or \$25/class

Relax, Release and Roll – Saturday, November 12 at 11:15am \$20 or \$55 w/purchase of balls

Ballet Barre Fit – Mondays beginning November 14th at 5:15pm. 5-weeks for \$75 or \$18/class

Restorative Sound Bath – Friday, November 25th at 6-7:30pm. \$25

Relax, Release and Roll – Saturday, December 10th at 11:15am \$20 or \$55 w/purchase of balls

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
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	Vinyasa with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
Saturday	9:30 AM	All Levels	Jen
	11:30 AM	Yoga for Amputees (1 st & 3 rd)	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

Email: Jenakob729@gmail.com

Web: www.peacefulvogawithjen.com
Facebook: <https://www.facebook.com/peacefulvogawithjen>