

# Peaceful Yoga



Happy Spring Everyone!

I hope that you have been able to enjoy the lovely change of the seasons. I am loving going out every day and seeing what new surprises Mother Nature has to offer.

The Mindfulness Challenge ends on the 31<sup>st</sup>. Practicing mindfulness, even just a little bit a day, I have felt a difference. Adding this past month's practice to my routine has made a difference in my life as I find that I am more focused, more observant and feel more peaceful. What affects did it have on you? I would love to hear what you have to say!

One of my main goals in opening the yoga studio was to make it accessible to everyone. That is the main reason that my prices have always been the lowest around. Unfortunately, due to the state of the world as it is as this time, my overhead has gone up. To keep my door open, I must raise my prices. I still want the studio to be accessible to everyone so if you have financial challenges, please talk to me and we can always work things out. I have always said, and I truly mean it, if I could offer yoga for free, I would. Unfortunately, that is not how the world works. The price change will come into effect May 1<sup>st</sup>. The new prices are listed below under studio updates.

One other change will be that you will no longer have to sign up for classes via sign up genius. You can just come to class. We will still utilize it for workshops, but for regular classes, it will no longer be necessary.

As always, if you have any questions, comments, or concerns, please do not hesitate in reaching out to me. We would love to hear any ideas that you may have for special workshops or any other things you would like us to offer.

Thank you for your continued support!

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

### Crystal Bowl Sound Bath

Vyolet will be returning on Friday, April 29<sup>th</sup> for with her lovely Crystal Chakra bowls. The seven primary chakras are ordered by color and have associations with specific elements, symbols, gemstones, and musical notes. When these chakras are working together in a healthy flow of energy, you should feel like the best version of yourself. Unobstructed chakras are associated with good health and well-being. However, when one or more of these energy centers are out of balance or blocked, this is when you might find yourself with a great number of emotional, mental or physical problems. Singing bowls are said to balance and unblock these chakras, restoring balance within the body.

I hope you have an opportunity to join her for a lovely evening of relaxation!



### New Price List

New Student Special: \$15 for the 3 classes.

General Rates: Drop-in \$15, 5-class card \$70, 10-class card \$130, Monthly card \$125

Senior Rates: Drop-in \$12, 5-class card \$55, 10-class card \$100, Monthly card \$95

*Refer a friend and you get a free class!*

Private Yoga Session: \$75 (\$10 each additional person), 3-sessions \$210, 5-sessions \$325)

Senior Private Session: \$55, 3-sessions \$150, 5-sessions \$

Private Energy Sessions: \$60, 3-sessions \$165, 5-sessions \$250

Senior Energy Sessions: \$50, 3-sessions \$135, 5-sessions \$225

Yoga Therapy Sessions

Intake: (1hr1/2) \$100, 1hr-session \$85, 5-sessions \$400, 10-sessions \$750

Senior Intake: \$75, 1hr-session \$65, 5-sessions \$275, 10-sessions \$500

### **Yoga for Amputees**

Classes will be held on just the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month.

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

Kayleigh is subbing for Courtney's classes on Sunday, March 27<sup>th</sup>, Tuesday, March 29<sup>th</sup>, Tuesday April 5<sup>th</sup>. Studio will be closed on Easter Sunday, the 17<sup>th</sup>.

Courtney will be subbing for Jen on Saturday, April 23<sup>rd</sup>.

### **Wednesdays at the Park!**

One of my most favorite things about the weather warming up is that we get to hold class at the park. As soon as the weather warms up just a little bit more, Wednesday's, Stress, Relax and Meditate class will be held at the park. My "rule" is that it must be 60° by 9am. I say "rule" because sometimes it may be a little bit chillier if it is at least a beautiful sunny day. So, I do highly recommend wearing layers.

Class is held at Chestnuthill Park off of 715. We are up on the stage in field behind the park building. I will only have a few mats with me, so it is best to bring your own if you have one. Hoping to start this in April, so fingers crossed for warm weather!

**Studio Events**

**Crystal Bowl Sound Bath**

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

**Belly Dance Basics** (new 5-week session)

Wednesdays, May 11-June 8th  
5:30-6:30 p.m. \$65 for the 6-week session or \$15 drop-in

**Ballet Fit Barre** (new 6-week session)

Mondays, May 2<sup>nd</sup>-June 6th  
5:30-6:15 p.m. \$90 for the 6-week session or \$18 drop-in

***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
	5:30PM	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(special price)	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 (1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays only)	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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