



Namaste,

I am sitting here trying to think of something inspirational, or philosophical to write and nothing is coming to me. I enjoy writing my newsletter every month and typically I have something to say, but apparently not today.

There have been many times in my life where I have set goals, or expectations for myself and if I do not accomplish them, I, like many other people in the world, tend to give myself a hard time. Writing a monthly newsletter is one of those goals. Within the goal itself I set certain expectations and within this goal my expectation is to offer something educational or encouraging or uplifting even. Since I feel I don't have anything to say, I feel that I am failing in my goal.

That all being said, I am choosing not to give myself a hard time. I am still trying my best, and my best just is not up to my normal standards. But you know what, that is okay. I give myself permission to not be perfect. I accept myself just as I am. So freeing!

Writing all of this just reminded me of a quote by Ralph Waldo Emerson, "*It's not the destination, it's the journey.*" In my above ramblings (my journey), I was able to recognize the pressure I was putting on myself and made a choice to not do that. Though the newsletter is completed (my destination), I find my lesson to be more important.

Hmmm, I suppose I had something to say after all! Happy 4th of July and enjoy your summer!

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

Wednesdays at the Park:

We have been so fortunate to have had many beautiful mornings at the park these past 2 months and I am looking forward to having many more! Be sure to check the website or Facebook if you plan on coming to a Stretch, Relax and Meditate class on Wednesday morning so you know where we will be. Hopefully we will be at Chestnuthill Park on 715!

Subs and cancellations for the month:

Friday July 1st Tammy subbing for Jen's Yin class

Saturday July 2nd Both all levels and the amputee class are cancelled

Monday July 4th Classes Cancelled **Happy 4th of July!**

Tuesday July 5th Courtney is subbing for Jen's Gentle and Restorative

Tuesday July 12th Courtney is subbing for Jen's Gentle and Restorative

Tuesday July 19th Kayleigh is subbing for Courtney's Deep Stretch

Friday July 22nd Tammy subbing for Jen's Yin class

Saturday July 23rd Jill subbing for Jen's All Levels.

Studio Events

There currently are no special events happening. If you have any ideas of special workshops you would like to see, please let us know and we will see what we can do!

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
	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
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
	3:30 PM	Bonus Class: type varies	Kayleigh
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.peacefullyogawithjen.com

Facebook: <https://www.facebook.com/peacefulyogawithjen>