

Peaceful Yoga



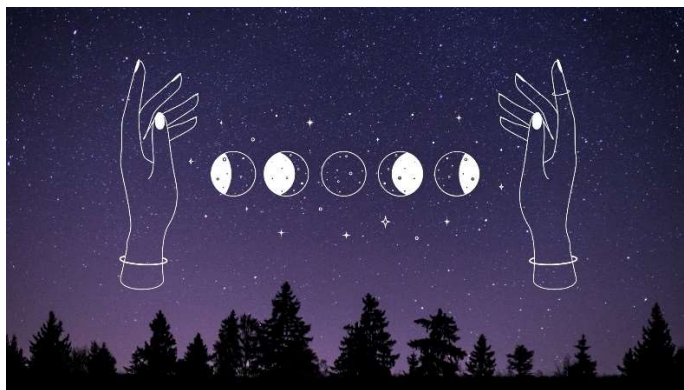
Namaste,

Ahh Spring! Even though our winter this year was not very bad, there is something enlivening and refreshing when spring arrives. There was a day, a few weeks ago, when I was out walking the dog and suddenly was overcome with a surge of energy. I am not sure if it was the budding of the trees, the yellow of the dandelions, the warmth of the sun on my face, seeing and hearing the robins in the trees or the combination of all the above, but I felt a switch. It was time for action! What action exactly? Well, I wasn't really sure, but I knew it was time to start doing something.

If you observe nature and follow its patterns (*something we should do more often*), winter is a time of turning inward, hibernating, and conserving your energy. Spring brings with it a time of rebirth and rejuvenation! It is all about shedding the past and starting something new. I decided to start then by shedding my past by beginning with a spring food cleanse to help clean out my body. As I mentioned in last month's newsletter, we had already kind of started that in the house to help my daughter with trying to figure out her allergy, but I also took it a step further adding in a 2-week cleanse. (*BTW, thank you for all your concern and best wishes for my daughter. Still working on figuring the allergy out, but she is doing well so far*). Although it hasn't happened yet, I plan on doing a big spring cleaning in the house; donating clothes that are no longer worn, donating or throwing things away that are never used and just collecting dust or taking up room, etc.... Physical things (items in our home or even our bodies) are easier to work on than psychological or emotional things but it is a great place to start.

There were a few times this past week, that conversations took place with different people about letting go of the past in an effort to move forward in our lives. How many things do we hold on to in our lives that no longer serve us or even worse, do us harm? We either choose not to face them or let them go for reasons such as guilt, fear or fear of the unknown. Issues such as these could not only cause emotional/mental distress but could also manifest in our bodies causing us physical

pain or dis-ease. If we addressed the issues, let them go, perhaps we could move forward in our lives. Is there something holding you back? If so, this is the season to perhaps let it go and start anew! And remember, help is out there, so you do not have to do it alone.



I am very excited to be welcoming Fallon Horan from Yoga on the Ridge to the studio. Fallon will be offering a Moon Planning Workshop. You will be introduced to the energetic principles of each of the moon's phases as a framework for setting goals, stepping into action, and increasing productivity through lecture, movement, and journaling. Talk about an interesting and new way to approach change! I personally cannot wait to take the workshop and I hope that you can join it too.

Happy Spring Everyone,

Jen

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

Class Spotlight



**Jen's Chair Yoga
Thursday 11 am**

“Without a doubt, the first thing I hear from people when I recommend chair yoga is ‘I don’t need to be in a chair.’ While I would agree that they could easily participate in any regular classes, they would be missing the point. Chair class certainly is geared toward people recovering from an injury or who are unable to make their way on to the floor, but it also gives a healthy practitioner a different type of experience in their practice.

When using a chair, you can take balance completely out of the picture. With balance gone, you can get deeper into your postures and stretches. You can also hold in the postures longer if you want too, not having to worry about muscle fatigue or the strength in your legs. Lastly, you do not have to focus so much on proper alignment because the chair will keep you safe, so there is also less to think about and can allow you to either focus on the stretch or more importantly on your breath.

For some people, balance is something that they would like to improve upon. No worries, we practice balance poses in each and every class. And at the end of every class you have the option to do your last stretches and final resting pose on the floor as well.” – Jen

Your fellow student, Diane D. has this to say about class: *“I’ve been attending the chair yoga class at Peaceful Yoga for about a year and a half. From the beginning, I found the atmosphere, music, Jen’s voice and the postures to be very helpful in keeping me flexible and calm. At 76 I’d found many exercise classes that I’ve tried to be too strenuous. This class was the first one of several that I currently attend, that I was able to return to after minor surgery. While attending physical therapy, I could simultaneously participate in chair yoga. I am so thankful to Jen for offering such a wonderful program.”*

Studio Updates

Subs and cancellations for the month:

Tuesday April 4th Jen is subbing for Courtney’s Deep Stretch Class

Thursday April 6th Courtney’s Yoga with Weights is cancelled.

*Sunday April 9th Classes Cancelled **Happy Easter!***

Tuesday April 11th Jen is subbing for Courtney’s Deep Stretch Class

Monday, April 17th Tammy’s Tai Chi is cancelled.

Thursday, April 20th Jen subbing for Tammy’s All Levels

Friday, April 21st Jen subbing for Tammy’s Pilates

Studio Events

**Pre-registration is required for all the below events.
More details can be found on the website.**

Yoga for Amputees – The 4th Saturday of every month at 11:15am
Moon Planning: A Practice of Energetic Attunement – Sunday, April 16th at 1pm for \$40

**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	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
Saturday	9:30 AM	All Levels	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/peacefullyogawithjen>

