

The image shows a serene forest scene with tall trees and a path. The text "Peaceful Yoga" is written in a white, cursive font with a black outline, positioned in the upper right quadrant of the image.

Peaceful Yoga

Namaste,

*Perspective: a particular attitude toward or way of regarding something; a point of view.
(Google dictionary)*

I have been practicing mindfulness for several years, and I have touched on it as I teach in my classes or when working one-on-one with clients. I have never taught a Mindfulness Workshop like I am now, and it has given me a unique perspective on my mindfulness journey. I have really enjoyed teaching this workshop, and it has made me think about how we perceive things based on our role in it.

Last week's topic in the workshop was Mindfulness of Emotions. Emotions are reactions to things that happen to us or around us. It is how we choose to manage the emotion that leads to either positive, negative, or neutral outcomes. This past Monday, I had to have a routine procedure that involved fasting for 24 hours (Needless to say, Sunday was not a fun day for me). When I started to feel hungry, my initial emotions were annoyance and irritability paired with a "poor me" attitude. I could have easily focused on feeling sorry for myself and had a horrible day; however, I stepped back and changed my perspective. I thought to myself, "What am I complaining about? I know I will be eating by 10 a.m. tomorrow. There are people in this world who are not sure they will eat tomorrow or even the day after." That instantly changed how I was feeling. I still was not thrilled about feeling hungry, but I certainly was not in a bad mood any longer either. In fact, I was hungry and grateful.

My point is, when you go through an experience, you will have an emotional reaction to it. Instead of just rolling with the emotion (especially if it is a negative one), see if you can take a step back from it and look at the situation from different perspectives. This might save you unnecessary trouble, pain, or discomfort.

There are still six classes left in the Mindfulness Workshop which is on Tuesdays from 10:45-12:30. If you want to join, give me a heads up so I make sure to have enough materials for each person. And just a reminder, I will be running the full workshop

again on Zoom starting in January on Wednesday nights and again in-person at the studio in the Spring.

Be Well Everyone,

Jen

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

Class Spotlight



***Courtney's Candlelit Evening Release
Monday, 6 PM***

I am extremely excited to announce a new class coming to Peaceful Yoga!

Welcome to our Candlelit Evening Release Yoga Class, a soothing 60-minute journey of self-care and relaxation. In this gentle session, we invite you to unwind and rejuvenate in a tranquil environment illuminated by the soft flicker of candlelight.

Our practice centers around easy, gentle stretching that is accessible to all levels of yoga practitioners. The focus here is not on intensity but on providing your body with the opportunity to find space and release tension. As we move through each pose, you are encouraged to listen to your body, breathe deeply, and let go of the stress that may have accumulated throughout your day.

The calming atmosphere and dimly lit space will help you disconnect from the outside world, fostering a sense of inner peace and serenity. This class is not just about physical flexibility; it is about finding mental clarity and emotional balance. As you move and breathe mindfully, you will discover the power of this practice in calming the mind and aiding in recovery from the challenges of daily life.

Join us in this sacred hour of self-care, where you can let go, relax, and leave feeling refreshed and rejuvenated. It is time to release the tensions of the day and nurture your body, mind, and spirit. Come experience the magic of our Candlelit Evening Release Yoga Class.

Studio Updates

Subs and cancellations for the month:

Thursday, October 5th, Jen is subbing for Courtney's Yoga with Weights

Sunday, October 8th, Kayleigh is subbing for Courtney's Sunday classes.

Saturday, October 28th, Kayleigh subbing for Jen's All Levels with Restoratives

Saturday, November 4th, Kayleigh subbing for Jen's All Levels with Restoratives

Studio Events

More details are on the website.

Everyday Mindfulness – 10 Tuesdays beginning 9/5 @ 10:45. \$175 for all 10 classes or \$20/class.

Yoga at the Park – Over for the year

Reiki Level 1 Training/Attunement – Sat. and Sun. Oct. 21st & 22nd \$175

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	Slow Flow (Previously ELSM)	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Courtney
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>