

Namaste,

November is the month filled with gratitude. I would like to take the time to share some of the things that I have been grateful for at the studio!

To start off, *THANK YOU* to everyone who brought socks in for PVEN's Socktober event. We overfilled the basket with socks, kindness, and generosity. I am sure the donations will be appreciated by those in need.



Continuing to help those PVEN serves and in the spirit of giving, we will be participating in their Giving Tree program. If you would like to help, just select one of the cards that you will see hanging around the studio this month. *THANK YOU* in advance for helping families who are less fortunate and children who deserve a special holiday!



I am excited to share the return of an instructor! *THANK YOU,* Charlotte, for returning to the studio to teach classes for the next two months. You will be able to take her Relax and Restore class again on Monday nights at 6 pm. She will start on November 2nd and be here until December 28th. If you haven't had a chance to practice with her and can't get to her class on a Monday, check out the Studio Updates below and attend one of the other classes she is covering this month.

As an update for those who attend Tai Chi for Cancer, you can continue to practice with Victor in the studio on Sundays at 12:30, and now can get a new, second opportunity to take a class on Zoom on Thursdays at 6 pm. These classes are only open to cancer patients and survivors. *THANK YOU,* Victor, for sharing your knowledge of Tai Chi and providing more opportunities to the individuals who attend the studio!

And lastly, I want to *THANK YOU ALL! I am* grateful to be able to share my passion for yoga with you every day, week, and month. I am thankful for the wonderful teachers at the studio and to all of you who walk through the studio doors.

I hope you all take time this month to reflect upon the things you are grateful for. Do not be shy to say, "*THANK YOU*," aloud to make sure your appreciation is heard by people and the universe around us. And if either is a struggle, because I know it can be sometimes, just look outside to this beautiful place that we are lucky enough to call home. We most certainly have been blessed with a beautiful autumn this year.

Again, *THANK YOU* and be well,

Jen

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

Studio Updates

Subs and cancellations for the upcoming months:

Sunday, Nov. 1st, Jen covering for Lindsay's All Levels Flow
Monday, Nov. 2nd, Charlotte returns for Relax and Restore until Dec. 28th
Wednesday, Nov. 25th, **Yoga4Cancer canceled.**
Thursday & Friday, Nov. 26th & 27th, **Studio is closed. Happy Thanksgiving**
Saturday, Nov. 28th, Charlotte covering for Jen's All Levels**. Y4C is canceled.**
Wednesday, Dec. 9th, **Yoga4Cancer canceled.**
Sunday, Dec. 20th, Charlotte covering for Lindsay's All Levels Flow
Tuesday, Dec. 22nd, Charlotte covering for Courtney's Deep Stretch

Thursday, Dec. 24th, **Yoga with weights is canceled.**
Friday, Dec. 25th, **Studio is closed. Merry Christmas**
Monday, Dec. 28th, Charlotte's last Relax and Restore
Wednesday, Dec. 30th, **Yoga4Cancer canceled.**
Thursday, Dec. 31st, **Chair, Y4C and Yoga with Weights canceled.**
Friday, Jan. 1st, **Studio is closed. Happy New Year!**
Saturday, Jan. 2nd, Courtney is covering for Jen's All Levels, **Y4C is canceled.**

Studio Events

More details are on the website.

Yoga4Cancer – Every Wednesday at 6pm, Thursday at 1pm & Saturdays at 11:15
Y4C classes are all FREE
Tai Chi for Cancer – Every Sunday at 12:30pm in person class and Thursdays on Zoom only at 6pm Both classes are FREE.
New Moon Sound Bath – Sunday, November 8th @ 6:30pm $25
Studio Hike @ Jacobsburg State Park – Sunday, Nov. 22nd, 9am @Jacobsburg

Private Individual or Group Yoga Sessions, Energy sessions as well as Yoga Therapy sessions are always available.

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
	12:30 PM	Tai Chi for Cancer (Cancer patients and survivors)	Victor
Monday	9:30 AM	Tai Chi	Tammy
	6:00 PM	Relax and Restore	Charlotte
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Yoga du Jour	Jen
	5:00 PM	Deep Stretch	Courtney
Wednesday	9:00 AM	Stretch, Relax and Meditate	Jen
	10:45 AM	Pilates	Jen
	6:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen

	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:00 PM	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates + More	Tammy
Saturday	9:30 AM	All Levels w/restoratives	Jen
	11:15 AM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	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 purchase a class card or other offering: http://peaceful-yoga-with-jen.square.site/

Peaceful Yoga with Jen

Email: Jenakob729@gmail.com
Web: www.peacefulyogawithjen.com
Facebook: https://www.facebook.com/peacefulyogawithjen
Instagram: Peacefulyogawithjen