



Peaceful Yoga

Namaste,

I hope you have been able to enjoy the beautiful, albeit windy weather this past week! In the last newsletter, I discussed how spring is the time to make new plans, formulate innovative ideas, make decisions, and determine our direction for the coming year. How is that going for you? Need a little help? Well, I have something new for you to try!

In the past, some of you may recall, we have held a special event called 108 Sun Salutations. This was always held at an equinox or a solstice, to welcome in the new season. There was always interest, but then a lot of "there is no way I can do 108 sun salutations." Well, thanks to an excellent suggestion from Guy, I came up with a plan to help you to be able to do 108 sun salutations. We based it on my Strength and Balance class on the 1st Tuesday of every month. There, I pick a balance pose and then create a class with a combination of strengthening exercises and yoga targeting the specific muscles used in the balance pose. So, for this challenge, I have done the same. But instead of it being one class, the challenge will help you to build strength and flexibility over the course of the month. Then, on the last day, June 20th, the summer solstice, we will gather at the studio and do our 108 Sun Salutations together.

Hopefully, you will join us, but if this does not sound like something you want to do, use the idea for something else. Set a goal and work your way towards it. Take time and don't rush!

Speaking of time, Kayleigh's Monday night, Yin Yang Flow is being postponed for the month of May. It will be back in June, and I hope you are able to join her then!

Lastly, Wednesday morning's 9 a.m. Stretch, Relax and Meditate, will be moving to Chestnuthill Park beginning on May 7th, weather permitting of course. For those of you who have not had the pleasure of practicing at the park, I hope you are able to do so at least once with me this year. Class is held on the stage, in the field, behind the park building. If it is not warm enough or rainy, class will be held at the studio. You can

always check the website, Facebook or Instagram if you are not sure where class will be. I will post by 8am if class is moving to the studio.

Be Well,

Jen

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

Your Yoga Stories



I am always interested in hearing when and why people started to practice yoga. And then, how it has impacted their life. For 2025, we have this new section of the newsletter that is all about your yoga journeys. I hope you are willing to share your stories. All you need to do is send me an email.

Cheryl C.:

My Yoga Journey began much like so many at a doctor's suggestion. The only difference was my age... I was diagnosed w/an auto immune disease at 13 yrs old. By 16 my muscles showed some atrophy and exercise was suggested. But what kind? I couldn't walk far and for many days was even unable to lift my arms.

One day I was in line at the grocery store w/my mom and there at the checkout was a tiny booklet about Yoga ...it seemed to jump out at me. I bought it and every day when I was well enough, I did stretching or breathing exercises. I was able to do many postures and gradually it affected my strength and conditioning.

As I got older these postures and stretches became routine and during my first pregnancy my Lamaze Instructor practiced Yoga and taught classes so that was my 1st semi formal instruction. The flexibility and ability to breathe correctly aided in giving birth throughout all my pregnancies.

After my 3rd child was born our Town began offering night classes at the local HS. I convinced my husband who was a marathon runner to try a class w/me. We found so much stress relief for both of us and an increase in much needed muscle strength for me.

After that class ended, we began taking classes in a private setting w/my mom. These more private settings with a dedicated yoga teacher brought us to a deeper understanding of Yoga practice beyond mere exercises. We explored deep breathing and relaxation and even some Vegetarian food and Eastern Culture. At that time we were invited to go for a 4 day retreat to The Himalayan Institute in Pennsylvania. This was an amazing time for me with great personal healing and growth.

Unfortunately, life intrudes and constrains in many ways and my yoga practice became nonexistent until a friend opened a Yoga Studio just a block away. I was very hesitant to try (it had been yrs since I regularly practiced) and many more health issues...but we went slowly: First a stretching class then gradually working up to Gentle Yoga and finally after 2 yrs an intermediate class. These classes had a profound effect on my health issues as corroborated by my Dr's. My BP lowered and my medications decreased!

We changed locations after that period, and I was w/o any classes or they self-discipline to practice alone. Then we joined a gym and finally I had the opportunity to try a new routine. Unfortunately, the Yoga class was not what I had been used to...it was more of an Aerobic style practice which left me more frustrated than calm. But it did increase my determination to find an instructor who combined all the attributes of My first Teacher and my friend who ran her own Yoga studio.

Eventually I found Peaceful Yoga with Jen and another teacher I felt comfortable with.

Jen herself incorporates all the yoga principles I always looked to practice. And when serious new health issues limited my scope of practice Chair Yoga was a godsend!

The lifelong awareness that Yoga practice has given me is sometimes very subtle but still profound. For instance: the awareness of breath and using breathing in different ways to relax, energize or calm down ...Balance seems to be profound issue for me and I invariably find myself checking my posture or movement balanced on each side...I almost feel uncomfortable if I'm not aligned.

I am now one week from my 70th birthday very much in touch with my own body and sensitive to healing through Yoga and other practices. I sincerely believe this ancient practice has increased my healthy days and benefited my life span.

Thank you, Cheryl, for sharing your story.

So, who is willing to share their yoga story next?

Studio Updates

Subs and cancellations for the upcoming months:

Mondays Yin Yang Yoga is postponed for the month of May. It will be back in June. I hope you can join Kayleigh then!

Thursday, May 1st, Jen subbing for Tammy's All Levels

Friday, May 2nd, Jen subbing for Tammy's Pilates
 Saturday, May 17, Kayleigh subbing for Jen's Pilates & All Levels
 Sunday, June 8th, Park behind building, parking lot being paved
 Saturday, June 14th, Kayleigh subbing for Jen's Pilates & All Levels
 Tuesday, July 1st, Kayleigh subbing for Jen's Gentle and Yoga Du Jour
 Wednesday, July 2nd, Kayleigh subbing for Jen's SRM & Pilates and Yoga4Cancer is cancelled
 Thursday, July 3rd, Kayleigh subbing for Jen's Chair and Yoga4Cancer is cancelled.
 Friday, July 4th, Studio Closed. **Happy 4th of July!**
 Saturday, July 5th, Kayleigh subbing for Jen's Pilates & All Levels.

Studio Events

More details are on the website.

Yoga4Cancer – Every Wednesday at 6pm & Thursday @ 1pm FREE (*willing to offer on a Saturday as well if there is enough interest.*)

Off the Mat Chapter Chat – Friday, May 2nd @ 11:45

Reiki Level 2 – May 17th & 18th

Yoga at the Park – Wednesdays beginning May 7th, weather permitting

Animal Communication – May 24th 1-5pm

108 Challenge – Begins May 26th with Friday June 20th as the big finale \$20

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	Slow Flow	Kayleigh
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	5:30 PM	Yin Yang Flow	Kayleigh
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	Intro to Pilates	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	Tammy
Saturday	8:00 AM	Intro to Pilates	Jen
	9:30 AM	All Levels w/restoratives	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.peacefulvogawithjen.com

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

Instagram: [Peacefulyogawithjen](https://www.instagram.com/Peacefulyogawithjen)