



Namaste,

When my son was little, he found an injured dragonfly. For a few days he kept that dragonfly hoping it would heal; he even named it, "Try Fly." The above picture reminded me of that cute little dragonfly, who never did fly again. Anyway, as I was reminded of this, it seemed as though it was just yesterday, but it was in 2008 and my son was only 4 years old. He will be graduating high school this Friday, and I cannot believe how quickly the time has gone by. This past month has been filled with many **last** high school events for him and the family, and I would not trade it for the world. I made it a goal to really be mindful of each day; for one, it was so I did not get overwhelmed with emotions (I am such a sap), and two, so that I could really enjoy the time and watch him enjoy the moments as well.

Mindfulness, a practice of maintaining a moment-by-moment awareness of our thoughts, feelings bodily sensations, and surrounding environment, through a gentle, nurturing lens, can be very challenging especially when we have a lot of things on our plates. It is such a beneficial and rewarding practice. The practice can feel overwhelming at first to try and just focus on the moment because it is not something that we have ever been taught to do. (I so wish this was a part of our education curriculum, but I digress). Regardless, you can start with small things to focus on like paying full attention to the food that you are eating. Even better, just take a few minutes outside each day and explore all your senses; listen to the birds, feel the wind on your skin, taste the freshness of the air, smell the flowers, and just look at the natural beauty that surrounds you. You will be thankful that you did because you will get a small little break from that endless chatter that is always taking place in our minds.

If you are interested in learning more about the benefits of having a mindfulness practice, I would be more than happy to help you get started, just reach out and ask!

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

108 Sun Salutations

Courtney will be at it again, running her 108 Sun Salutation workshop to welcome Summer! 108 Sun Salutations is most often practiced at the start of a new season to help your brain and body refocus and reset for what the universe has coming up for you. It's a way to exhaust your body so your divine energy can connect with its source. The repetition of the sun salutation 108 times constitutes a moving meditation unlike any other. You will find that the repetitive rhythm of this practice facilitates a deep dive into the powerful, unwavering connection between mind, body, and breath. Courtney is currently hunting for an outdoor location for this event, so if you plan on coming, just double check the website to see where it is being held.

Wednesdays at the Park:

We have had a few lovely mornings at the park this past month and 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:

My apologies in advance for the cancellations, but we are all very busy and well, it is vacation time! I hope you get to go on a few of your own this summer!

Saturday June 4th Jill is subbing for Jen's All Levels. Amputee class, Jen will be in touch to let you know if it will be happening or not.

Tuesday June 7th There is a possibility that Jen will be subbing for Courtney or that class will be cancelled. Please check the website or Facebook. It will be posted on

them if class is cancelled only. If you see nothing, then think of it as business as usual!

Saturday June 11th Jill is subbing for Jen's All Levels

Saturday June 25th Class is cancelled

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

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

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

Studio Events

Ballet Fit Barre

Mondays, May 2nd – June 13th

5:30-6:45 p.m. \$90 for the 6-week session or \$18 drop in.

108 Sun Salutations

Tuesday, June 21st

5:30-7 p.m. \$15

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
	5:30 PM	Ballet Fit Barre (special price)	Betsey
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
	5:30 PM	Belly Dance Basics (special price)	Teri
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
	5:30 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

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