

Peaceful Yoga



Namaste,

As I am sitting here trying to write this newsletter, a song keeps playing in my head, the theme from The Love Boat. There is always a big to-do about love at this time of year with Valentine's Day right around the corner, so I thought I would join the band wagon and make that the theme of this month's newsletter. However, I have a different idea of what love means than the messages Hallmark or the candy companies promote to us.

"The light in me sees, the light in you," is one way to translate the word, *Namaste*. I believe that *light*, which is a part of all living beings, is love: our true self and true nature. If we were not distracted by everything that happens around us nor searching outside of ourselves to find happiness, we would live in a world of peace and love. Unfortunately, most of us do not know how to do that because our heads get in the way, more specifically our egos. Do not get me wrong, our egos have helped to advance our society in a multitude of wonderful ways (i.e., advances in medicine, worldwide communication, explorations out into space). But we have also advanced in terrifying ways as well. (Example: weapons of mass destruction) As a society, we have a terrible habit of trying to be better than everyone and everything else. This need to be the best leads to wars, destruction of the planet, living beings suffering or dying for no reason other than greed, or to satisfy someone's ego thinking that what they are doing will make them happy. How lovely would it be to make decisions based upon compassion and love towards our fellow human beings, not to mention the other living beings that we share this planet with? How wonderful would it be if people realized they have everything they need to bring them joy and happiness already if they just stop and look inside of themselves?

Not only is it important to be loving and compassionate to others, but it is also extremely important to be loving and caring towards yourself. After an energy session, not too long ago, my client very kindly told me that I "looked like s@#%." He was right, I felt wiped out too. Energy work is wonderful but does take a toll on the practitioner if that practitioner does not take care of themselves. I forgot to put myself first. I forgot to take care of me before trying

to take care of someone else. I let my ego get in the way. It is not selfish to take care of yourself and to put yourself first if you are doing so to be a healthier, happier version of you. When you take care of yourself, you put yourself in a much better position to be able to take care of others. When you love yourself, you can share so much more love with the world around you.

I cannot help but believe that the world would be a much better place if we made our decisions from the heart (love) and not from the head (ego). I leave you with a great reminder from His Holiness, the Dalai Lama - "As you breathe in, cherish yourself. As you breathe out, cherish all beings."

Now to find Captain Stubing, Gopher, and the rest of the Love Boat crew so that I can get this song out of my head!

Be well everyone,

Jen

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

Class Spotlight

Welcome to the new section of the newsletter in which every month we will feature classes that we offer at the studio. You will receive class highlights and hear from teachers and fellow students as well. If you would like to contribute to this section, please let me know!



Tammy's Tai Chi Yoga Fusion
Monday 9:30am

Tai Chi's gentle, flowing, dance-like forms are a combination of common yoga asanas for a unique moving meditation experience. Tai Chi is great for everyone: it is gentle and

not strenuous; it has been proven to improve cardiovascular fitness, lower blood pressure, decrease stress, anxiety, and depression, prevent falls, and help people who have arthritis. There are various *Forms* that Tammy will lead you through and if you want to practice them at home, we have recordings that we are happy to share. I hope you can join her one day!

"One of my favorite classes to teach is Tai Chi/Yoga Fusion. I enjoy the slow, dance like flow of tai chi. My mind is at ease yet focused on the sequence, so no other thoughts can disturb me. It brings a special peace of mind and movement of energy in the body, all the while helping with agility and balance!" – Tammy

Lydia B. has been with Tammy since she started offering this class. Here is what she has to say: *"Some time ago I was walking toward Point Lobos in San Francisco. The trail high above the sea has all these gnarled trees and the view is stunning. However, that day there was no view, and it was all I could do to put one foot in front of the other because of another iconic SF 'thing'-fog. However, spurred on by thoughts of food at Cliff House and having committed to meeting a friend there, I climbed. I suddenly saw these figures moving in near unison 'doing' what I realized must be 'tai chi'-something I had only glossed over when the words appeared in books. It was both eerie and serene. I was mesmerized. The movement of the figures against the gnarly trees encased in fog - I can still see it in my mind's eye. Anyway, two years ago when tai chi/yoga fusion was offered at Peaceful Yoga studio, I had my chance to 'trial' it. "Tammy's Tai Chi Yoga Fusion" was fine, but the tai chi part 'hooked' me. Tammy was willing to explore it further and as we practiced the many forms, parting wild horses' manes, and avoiding the snakes in the grasses while embracing tigers and birds' tails, it is calming and very, very peaceful. So glad Tammy is willing to continue it with us!"*

Studio Updates

Inclement Weather:

Winter weather is here, well occasionally anyway, lol! In the event of inclement weather, the studio will close; however, class will still be on zoom. We typically follow Pleasant Valley School Districts closings with some exceptions. If I close the studio, I will post on the website and Facebook by 8 a.m. Alternatively, you can email or text me to confirm whether
"?"the studio is open or closed.

Subs and cancellations for the month:

Wednesday February 1st Tammy subbing for Jen's Stretch, Relax and Meditate

Sunday February 5th Kayleigh is subbing for all of Courtney's classes

Tuesday February 21st Jen is subbing for Courtney's Deep Stretch Class

Thursday February 23rd Courtney's Vinyasa with Weights is cancelled.

Studio Events

Pre-registration is required for all the below events.

More details can be found on the website.

Ballet Barre Fit – Mondays beginning January 9th at 5:15pm. 8-weeks for \$120 or \$18/class

Yoga for Amputees – The 4th Saturday of every month at 11:15am

People Pleasing Recovery w/Jen Casper – 3 weeks beginning Sunday Feb 26th from 2-4 for \$70

Reiki Level 1 Training/Attunements - Saturday & Sunday, March 25th & 26th for \$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	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	Vinyasa 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.peacefulyogawithjen.com

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