

The logo for 'Peaceful Yoga' is centered in the top section of the page. It features the words 'Peaceful' and 'Yoga' in a white, cursive font with a black outline. The background of the logo is a soft-focus photograph of several bright red poppies in a field.

## Peaceful Yoga

Namaste,

One of my favorite things to do when I am walking or hiking is to observe the trees around me. They never cease to amaze me. I love it when I come across a tree that some would be considered misshaped. I am astonished when I see a tree uniquely reaches into the sunlight. I am dumbfounded in the unusual ways they secure their roots, even barely holding on to the side of a cliff. They stun me with their resiliency in the way they survive in crazy windstorms; watching these big, beautiful trees bend, flow and endure. And this time of year, I see growth on its branches even as limbs break off or the trunk is found destroyed. Amazing!

Of course, we know that not all trees survive the storms or make their way into the sun. If they are too rigid, and not flexible, the trees will snap and break in the storms.

According to Traditional Chinese Medicine, Spring is associated with the element of wood. Wood exemplifies the energy of growth, change, and pushing through. It is a highly active energy that allows for a lot of movement and progress. When thwarted or constrained, wood is also the energy of frustration, anger, and stress.

We have a lot in common with the element of wood and we can certainly learn a lot of lessons from the trees. The biggest lesson is that of flexibility. If we hold ourselves too rigidly, we will break and crumble. But if we are flexible, we may grow in unique and beautiful ways. Yoga can obviously help with physical flexibility, and pranayama and meditation can also help the mind to be flexible as well.

On your walks or your journeys, I hope you take time, look at the trees, and see what other lessons you may be able to learn from them.

Be Well,

Jen

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

## Yoga Therapist's Corner



When we think about exercising, we are taught to focus on our musculature; whether we are using our muscles to build strength or some form of cardio exercise. When we have an injury, we stretch and focus on our muscles again. Typically, we focus on individual muscle groups. Though this can be an effective approach, it is not the only one and I don't believe it is the most effective one.

“Fascia is a sheath of stringy connective tissue that surrounds every part of your body. It provides support to your muscles, tendons, ligaments, tissues, organs, nerves, joints, and bones. When your fascia is healthy, it's flexible and stretches with you. When your fascia tightens up, it can restrict movement and cause painful health conditions.” – Cleveland Clinic

There are twelve lines of fascia that run through the body. The Back Line connects and protects the entire rear side as a back shield, from underneath the foot to the top of the skull in two parts. From toes to knees and from the knees to the eyebrows. When your knees are fully extended, the two parts function as one. If you work on one area of the fascia, it will directly affect the rest of the line. So, with the back line, if you have an injury in your back, if you work the fascia line of the foot and back of your legs, you may help to relieve pain in your back without having to touch it. The other lines of fascia work in the same manner.

Want to learn more about fascia and how you can work on it? Rolling with therapy balls has many benefits: helping to reduce pain, release tension, nourish tissues, and improve circulation just to name a few. As you move the body over the balls, you are providing self-massage to release the muscles and the fascial tissues of the body.

Join me as I guide you through ways to release the myofascial unit of the body. Each week of this 4-week series, we will explore a different line of fascia (lateral line, back line, front line, and diagonal line). You can utilize the balls at the studio, or you can purchase a set (3 different sized balls with 2 in a sack and then 1 belly ball) of your own to continue with your rolling practice at home.

You can use your regular class card for the class.

## Studio Updates

### Subs and cancellations for the month:

*Sunday, March 31<sup>st</sup>, Studio closed **Happy Easter!***

*Monday, April 1<sup>st</sup>, Jen subbing for Courtney's Candlelit*

*Saturday, April 13<sup>th</sup>, Kayleigh subbing for Jen's All Levels*

*Monday, April 15<sup>th</sup>, Jen subbing for Courtney's Candlelit*

*Tuesday, April 16<sup>th</sup>, Kayleigh subbing for Courtney's Deep Stretch*

## Studio Events

*More details are on the website.*

**Relax, Release and Roll** – Every Wednesday in April @ 11am

**Reiki Level 1**– Sat & Sun, April 13<sup>th</sup> & 14<sup>th</sup> 2-5pm \$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	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
	10:45 AM	Yoga for Balance & Strength	Jen
	5:30 PM	Deep Stretch	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
	11:00 AM	Relax, Release & Roll (April)	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 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](mailto:Jenakob729@gmail.com)

Web: [www.peacefullyogawithjen.com](http://www.peacefullyogawithjen.com)

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