

The logo for 'Peaceful Yoga' is positioned in the upper right corner of a banner. The banner features a background of yellow daffodils against a blue sky, with green foliage at the bottom. The text 'Peaceful Yoga' is written in a white, cursive font with a black outline.

## Peaceful Yoga

Namaste,

Spring has sprung! The flowers are popping out of the earth, there are buds on the trees, and the animals are beginning to roam all around. It is wonderful to see the outside springing back into life. It is also remarkably interesting to see people reawakening too. The studio has been busy this past month with more people coming to classes and attending private sessions. Personally, I have been awakened as well; I have been out and about for many hikes and am on a spring-cleaning kick. It is like we are all coming out of hiding to start fresh and anew, which is exactly what we should be doing this time of year.

Speaking of hiking, we are going to have one more studio hike before our studio team's Ultratrax. It will be on Saturday, April 11 @ 3 pm out near Beltsville. If you are interested, I am open to continuing our group hikes each month. It has been nice going to different, beautiful places around our area, with wonderful people. Let me know your thoughts!

Just a reminder that we have the Healing Hands Helping our Furry Friends event coming on April 12<sup>th</sup>. For \$50, you receive a 45-minute Reiki session and a sound bath. There is still room for you to join! We are still collecting items for AWSOM at the studio until then, if you want to help with that, as well.

I would like to welcome Toni Ann Boudreau, another yoga teacher in our area. She is coming to host a workshop designed to introduce students to a way of quieting the mind and connecting with inner peace. Students will learn the meaning behind Japa Meditation, how to use Mala beads, and the benefit of repetitive sound. Through gentle breathing, beginner chants, and use of Mala Beads (which they will be given), they will discover ways to bring this practice into daily life. I hope you can join her on Sunday, April 26.

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 love to hear about your yoga experiences. We all have come to yoga in different ways and for different reasons. If you ever want to share your story, please send it my way!

This month, Joan honored us with her story:

*So, the question is: How did I end up at Peaceful Yoga with Jen? After moving to PA from NJ and finally settling in full time in 2025, I needed to start looking into places where I can get back into a routine with some fitness without actually joining a gym. In Jersey I was a member of THE BAR METHOD for 6 ½ years, where I pretty much was addicted. Once Covid hit, unfortunately I did not return. This is why I find it critical to get back into a group setting and routine, along with meeting new people.*

*I passed the Peaceful Yoga sign on Route 209 several times, even looking at the website over and over and over again. There was a Reiki Fundraiser workshop on 3/30/25 so I reached out and signed up. I figured this was a good icebreaker and I'd get a chance to meet Jen and see the studio, while getting in a Reiki session for a good cause. After my session was completed, I spoke with Jen about my little*

*4/3/25 was my very first class at the studio. After class I ended up buying a 10-class package and started my journey slowly. I can definitely say that yoga is SO MUCH MORE than I had thought in my head. The moves, the stretches, the poses, the names of poses, the different types of yoga classes and techniques, etc. ... I eventually found myself attending more and more classes, so I switched over and started buying the unlimited monthly plan. Somewhere down the line, not too long ago when I felt I was ready, I wanted to see what the Pilates was all about, so I started*

*to do the Saturday morning Pilates introduction class. Talk about a challenge. I did that for a while and jumped in with 2 feet and tried a full Pilates class. Needless to say, I LOVE a good challenge. I now attend as many Yoga/Pilates classes as I can per week, even if I need to sometimes ZOOM IT!*

*Thank you ALL for welcoming me to the “CLUB”. I appreciate EVERY instructor and EVERY fellow yogi that is in class. We certainly do have some good laughs and moans!! I read somewhere recently the following: “Yoga is a journey that requires patience, persistence, and practice. Flexibility isn’t just about physical ability; it’s about listening to your body and respecting its limits. Each time you practice, your body grows stronger and more flexible. So, take it step by step, and let each practice bring you closer to your goals.”*

*Thank you again, and I look forward to seeing you all in class!*

*Joan Ortland*

Thank you Joan, we are so glad you joined our little yoga community.

## Studio Updates

### Subs and cancellations for the upcoming months:

Sunday, April 5<sup>th</sup>, Studio is closed for Easter.

Sunday, April 12<sup>th</sup>, Jen covering for Lindsay’s All Levels

Monday, April 13<sup>th</sup>, *Tai Chi is cancelled.*

Thursday, April 16<sup>th</sup>, Jen covering for Tammy’s All Levels

Friday, April 17<sup>th</sup>, Jen covering for Tammy’s Pilates

Monday, April 20<sup>th</sup>, *Tai Chi is cancelled.*

Saturday, May 2<sup>nd</sup>. Courtney covering for Jen’s All Levels, *Pilates and Y4C cancelled.*

Saturday, May 9<sup>th</sup>. Courtney covering for Jen’s All Levels, *Pilates and Y4C cancelled.*

Saturday, May 30<sup>th</sup>, Courtney covering for Jen’s All Levels, *Pilates and Y4C cancelled.*

## 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 class is FREE.

**Off the Mat Chapter Chat** – April 3rd @ 11:45am discussing Chapters 6 & 7

**Studio Hike @ Beltzville** – April 11<sup>th</sup> @ 3 pm

**Healing Hands for our Furry Friends** – April 12<sup>th</sup> \$50 donation

**Japa Mantra with Mala Beads** – April 26<sup>th</sup> @ 2pm \$40

**Full Moon Sound Bath** – May 1<sup>st</sup> @ 7pm \$25

**Reiki Level 2 Training** – May 2<sup>nd</sup> and 3<sup>rd</sup>

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

**Other events held elsewhere:**

**Candlelight Yoga Nidra** – Friday, April 17th @ 6:30pm held at The Castle Inn in Delaware Water Gap

## Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
	12:00 PM	Tai Chi for Cancer (Cancer patients and survivors)	Victor
Monday	9:30 AM	Tai Chi	Tammy
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	8:00 AM	Intro to Pilates	Jen
	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](mailto:Jenakob729@gmail.com)

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