



Namaste,

Keeping this one short and sweet because I am on vacation, well now a staycation. It is interesting how life makes unexpected changes for you. Anyway, there is just one cancellation this month and a few in September. Be sure to check the changes below!

I hope you are enjoying these summer days!

Be Well,

Jen

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

Studio Updates

Subs and cancellations for the upcoming months:

Sunday, Aug 9th, All *Levels with Lindsay is cancelled.*

Saturday, Sept 19th, Courtney covering for Jen's All Levels, *Pilates and Y4C is cancelled*

Wednesday, Sept 23rd, Courtney covering Jen's SRM, *Pilates is cancelled*
 Saturday, Sept 26th, Courtney covering for Jen's All Levels, *Pilates and Y4C is 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 12:30pm class is FREE.

Yoga at the Park – Wednesdays @ 9am, weather permitting

Off the Mat Chapter Chat – August 7th @ 11:45am discussing Chapters 14 & 15

Studio Hike @ Child's Park – August 9th, 8am @ Paradise-Price Preserve

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	All Levels Flow	Lindsay
	12:30 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

Web: www.peacefulyogawithjen.com

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

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