



Namaste,

The craziness of the holiday season is upon us. I hope you are able to take time and enjoy it, rather than get all caught up in the rush. With the weather finally changing to winter, the cold and flu season is upon us signaling that we really need to take care of ourselves. The best way to help ourselves is to keep the stress levels low because the stress hormone, cortisol, can wreak havoc on our immune systems. I am sure you know what is next...there is not a better way to reduce stress than the practice of yoga! So, I hope to see you on the mat in the studio this December!

Would anyone like to be the first brave soul to share their yoga story? I am still looking for volunteers to share their yoga stories for the newsletters in 2025. Please let me know if you are interested in being highlighted so that we can inspire others!

As we approach the new year, keep an eye out for changes beginning in January to our schedule. We are adding classes, changing a couple class times, and offering new workshops. Head over to the scheduling page on the website to see the updates. While you are there, take a peek at the events page to see if something new will strike your fancy.

And lastly, now that winter weather could spring up at any time and if it is looking questionable, I will update the website at least one hour before the class starts on Instagram or Facebook for any in person cancellations. If we cancel classes at the studio, we will still hold classes on Zoom.

Happy Holidays,

Jen

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

## Yoga Therapist's Corner



As a Yoga Therapist, I am dedicated to the promotion of personal growth, well-being, and the prevention of chronic illness and injury whenever possible. The yogic model of health is unique because it addresses every aspect of life rather than considering each body part or system separately. In my practice, I use time-tested yogic techniques, principles and practices – postures/exercises, breath-work, meditation techniques, energy healing, and more – to support and facilitate natural mechanisms of healing, improved functionality, and increased self-awareness.

If you have chronic pain, major illness, aging issues, mental health issues, sleep difficulties, stress or just want to increase your overall well-being, I can help make a difference in your lifestyle.

Reach out and schedule your Yoga Therapy appointment NOW!

## Studio Updates

### **Subs and cancellations for the upcoming months:**

*Friday, Nov. 29<sup>th</sup>, Jen will be subbing for Tammy's Pilates*

*Tuesday, Dec. 24<sup>th</sup>, Deep Stretch is cancelled*

*Wednesday, Dec. 25<sup>th</sup>, Studio is closed **Merry Christmas!***

*Saturday, Dec. 28<sup>th</sup>, Kayleigh subbing for Jen's All Levels with Restoratives*

Wednesday, Jan. 1<sup>st</sup>, Studio is closed *Happy New Year!*

## Studio Events

*More details are on the website.*

***New Schedule to begin in January – see website for changes***

***Yoga4Cancer*** – Every Thursday @ 1pm \$5

***First Aid/CPR Certification*** – Jan. 3<sup>rd</sup> @ 11:45am Sign up by 12/8 \$45

***Intro to Pilates*** – new class, 2 day options, begins Jan 4<sup>th</sup>

***Everyday Mindfulness*** – New 10-week session beginning Sat. Jan 4<sup>th</sup> 11:15am \$175

***Yoga for Beginners*** – 4-Sundays starting January 5<sup>th</sup> @ 10:30am and  
4-Tuesdays starting January 7<sup>th</sup> @ 1pm \$50

***Off the Mat Chapter Chat*** – Begins Jan. 10<sup>th</sup> @ 11:45 FREE

***Reiki Level I Training*** – Sat & Sun Jan 18<sup>th</sup> & 19<sup>th</sup> \$175

***Okuden Reiki Level II Training*** – Sat & Sun Feb. 8<sup>th</sup> & 9<sup>th</sup> \$275

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

## Class Schedule

Day	Time	Class	Instructor
Sunday	9:00 AM	Slow Flow	Kayleigh
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Kayleigh
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Yoga du Jour	Jen
	5:30 PM	Deep Stretch	Kayleigh
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:30 PM	Yoga with Weights	Kayleigh
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)

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

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