



Peaceful Yoga

Namaste,

This month we are going through another transition, Spring into Summer. Spring is the time for growth and change while Summer is the time for health and abundance. In the April newsletter, I talked about letting go of the past in an effort to move forward in our lives. Did you have a chance to do any letting go? Did you take time for yourself these past few months to make any changes that you thought might be beneficial to you? If not, there are still a few weeks of spring left that you could start to implement changes that you think would be helpful to your life. It is never too late to start to try!

In yoga, we look at nurturing the Koshas to keep us healthy. The Koshas are the five different layers of our being: physical, energetic, mental/emotional, intellectual, and spiritual. If one of these layers is off, it will affect all the other layers. So, taking care of each is very important. If you are curious how to work with each level, just reach out, and I will be happy to give you guidance!

Turning to Mother Nature is one of the best ways to focus on our health. This time of year, we have longer daylight hours so we can spend more time enjoying being outdoors. Being outside, immersed in nature, is healing for all aspects of your being. The fresh air, sunshine, sounds, sights, and smells are enticing to the senses and cleansing to mind, body, and soul. Being outside hiking, biking, swimming, walking, or playing outside are all available to us during this season. Take advantage of this fabulous time of year!

In another way, nature gives us different foods at different times of the year to help our bodies adjust to the changing elements. We are fortunate that we have lovely local farms that provide us with all kinds of different, home-grown foods. I especially love the first week fresh strawberries are available. Not only are they delicious, but they signify for me that all kinds of other fresh produce are on the way! Eating local,

fresh produce of course not only benefits us personally, but is so good for the environment too!

Abundance is the innate tendency of nature and of life to manifest, grow, and become more. If you had the opportunity this spring to “make changes” or “let things go,” how can you now flourish in this upcoming season? What areas in your life will you dedicate your time to continue to grow? How will you nurture all aspects of your being this summer?

Finally, a great opportunity to start your transition to the new season would be to join Courtney for her 108 Sun Salutations on the summer solstice, June 21st. Hope you can join her!

Be Well Everyone,

Jen

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

Class Spotlight



Courtney's Deep Stretch
Tuesday, 5:30 PM

“Tuesday nights are for deep stretch! During this class we focus mainly on stretching and releasing tight muscles and tendons. With grounding postures aimed at relaxing the mind and calming the nervous system, this class will help you to pause and press the reset button. We flow through poses slowly and really emphasize how to safely get in and out of them as we listen to our bodies. These total body stretches are usually poses we know, but sometimes you can walk away from class learning something new. We combine active and passive stretches, which target the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body.”

This class can also improve the energy flow in the organs, offering wonderful emotional and mental health benefits. During class, we take many different versions of forward folds, twists, lunges, bends, and reclined positions throughout. Areas of the body that usually hold the most tension, and thus we focus more on our shoulders, hamstrings, pelvis, and hips. It allows students to relieve tightness on these common problematic areas and increase flexibility and mobility.

Deep Stretch is a great class for first time yoga students. Neither experience nor flexibility are required, just an open mind and a willingness to have fun while trying something new. This non-impact class provides a calm and relaxing space to let go of tension, focus on your breath, and let all your stress fall away. All-levels and beginner-friendly” – Courtney

Here is what Paul G., a Tuesday night regular, has to say, “*I started taking this class a while back because honestly my body started to petrify. I realized I lost a lot of flexibility, and I could barely squat down. Then I saw the other men at work, and they could barely walk upright or had trouble lifting their arms over their heads and I am like ‘I don’t want to be like that.’ I didn’t start seeing a huge difference in my body until I started going consistently. And now I can tell the difference when I don’t go. If you are looking to change your body, consistency is key.*

I take this class because I like the way Courtney runs the class. The deep stretches really allow my body to find space gradually and she gives lots of modifications. My favorite are mobility exercises. Courtney came with great references, so I knew I’d be in good hands. I will never go back to what my body felt like before I started taking this class. The wife only allows me to come to this class with her so I take what I can get hahahaha. Before this class, I was a long way from touching my toes, and now my palms are on the ground!”

Studio Updates

Subs and cancellations for the month:

Wednesday, June 14th Courtney is subbing for Jen’s Class (held in studio)

Thursday June 15th Kayleigh is subbing for Jen’s Chair Class.

Friday, June 16th Tammy subbing for Jen’s Yin Class

Saturday, June 17th Fallon subbing for Jen’s All Levels with Restoratives

*Tuesday, July 4th Studio is closed. **Happy Independence Day!***

Wednesday, July 5th Courtney is subbing for Jen’s Class (held in studio)

Tuesday, July 11th Courtney is subbing for Jen’s Gentle Class

Wednesday, July 12th Courtney is subbing for Jen’s Class (held in studio)

Thursday, July 13th Kayleigh is subbing for Jen’s Chair Class

Friday, July 14th Tammy is subbing for Jen’s Yin Class

Saturday, July 15th Fallon subbing for Jen’s All Levels with Restoratives

Wednesday, July 19th Courtney subbing for Jen's Class (held in studio)

Studio Events

More details are on the website.

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

108 Sun Salutations – Wednesday, June 21st @ 4 PM Cost \$20

Yoga at the Park – Wednesday mornings at 9:30 (*weather permitting or if Jen away*)

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	Yoga 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.peacefullyogawithjen.com

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