

Peaceful Yoga



Namaste,

The holiday season is upon us once again! How this year went by so quickly, I just don't know.

Gratitude is something that we all tend to focus on during Thanksgiving Day. I want to challenge you from now until this time next year to find something to be grateful for every day. *(If you can find multiple things a day, even better!)* This is a practice that I have been doing for over a year now and it has had such a powerful impact. Even on difficult days or during difficult experiences, there is something to be grateful for and that gratitude makes those difficult times just a little bit easier.

If you are not sure where or how to begin or feel you have nothing to be thankful for, I suggest starting with the food you eat. Take a bowl of oatmeal for instance. I make yummy oatmeal with lots of different spices and fruit for my breakfast. I will send my gratitude to the farmers and farm workers who grew and harvested the oats, spices, and fruit. I will send my thanks to the truck drivers who transported the food to the factories, grocery stores or farm stands. I will thank the factory workers who prepared and packaged the food. I will thank the grocery store workers who stocked the shelves and the cashiers who checked me out of the store. And finally, I always say thank you to the earth and sun because, without them, the food that we eat would certainly not grow. I find this to be an amazing practice because it really helps to appreciate how lucky we are to have access to food options and makes you appreciate the people who help to get us the food, not to mention it reminds you how important it is to take care of the planet.

I am hoping they already know how grateful I am, and I wanted to take time to thank the lovely women who work at the studio. Courtney, thank you for your youthful energy, playfulness, and creativity. You are an inspiration to your students and to me as well! Tammy, thank you for your calm, caring demeanor and your slow counting *(even though I love to complain)*. Kayleigh, thank you for always being there to lend a hand, especially when it comes to me not having to teach Courtney's classes! Betsey, thank you for offering people an experience to enhance their connection to the

beautiful energy in this world. And I would be remiss if I didn't thank Eugene for his antics this past month. We will see you again next October Eugene (if you miss him, you can just visit him behind the blue curtain).

And of course, speaking on behalf of all the teachers, thank you to our students. It is such a pleasure to come to work every day to spend time with such lovely human beings. I am so grateful for our little yoga community. And speaking to you, our wonderful students, we want to make sure you are getting everything you need from us. If there are different types of weekly classes that you are looking for, or perhaps a one-day workshop or something, let us know and we can see if we can offer it to you. For example, I have heard from a few people that they would like a strengthening class in the mornings in addition to the weight class Courtney offers on Thursday evenings and others were looking to focus more on balance. So, I am playing with the idea of combining those two into an all levels strengthening/balance class. I have yet to figure out all the details and will try and start it in the new year. And Courtney just completed her prenatal certification, so if any moms-to-be are interested in a class, let us know! Are there any other ideas you have?

One last thing, we are offering the Holiday Shoppe again for the month of December. Tammy will kick it off with her Nature's Apothecary goodies. If anyone else would like a chance to sell their wares for a week at the studio, please let me know and I will schedule you in for a slot. A portion of the proceeds will be going towards Pleasant Valley Ecumenical Network. I will also be collecting food for them as well. (non-perishable food items or toiletries especially feminine hygiene products are in high demand).

Happy Thanksgiving Everyone,

Jen

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

Class Spotlight



**Tammy's All Levels
Thursday, 9am**

Tammy has this to say about her Thursday morning class: *"I really look forward to teaching the All Levels class on Thursday morning. There's a nice mix of poses we hold for a couple of minutes and those we flow through. I also like to incorporate a few more challenging poses for those days we feel like a challenge. Don't worry though, there are also modifications so it's a perfect class for everyone! Hope to see you there!"*

The "All Levels" yoga class is truly that, a positive experience for those at different levels of proficiency in their practice. Being new to yoga and used to the Tuesday "Gentle" class, there was a bit of concern as to how we would fare in "All Levels." But that concern was quickly put to rest. The class is structured so that all poses begin at Level I, then students are given the option of either staying there or continuing to a Level II or III pose. For Level I students, there is never any pressure to do more than what makes one comfortable. On the other hand, the option is there for anyone that feels comfortable in challenging themselves to try something new or to push a bit farther, but only in those particular poses where they feel comfortable doing so. For advanced students, the choices are always there to continue with the more challenging options offered. The class is structured so that it indeed truly works and is a welcoming experience for "All Levels." --Guy & Pam S.

Studio Updates

Subs and cancellations for the month:

Saturday, November 4th, Kayleigh subbing for Jen's All Levels with Restoratives

Thursday, November 9th, Jen subbing for Courtney's Yoga with Weights

Sunday, November 12th, Kayleigh subbing for Courtney's Classes

*Thursday, November 23rd, Jen subbing for Tammy's class, all other classes are cancelled for the day. **Happy Thanksgiving!!!!***

Friday, November 24th, Jen subbing for Tammy's Pilates

Sunday, November 26th, Kayleigh subbing for Courtney's Classes

Wednesday, November 29th, Courtney subbing for Jen's SRM

Saturday, December 2nd, Kayleigh subbing for Jen's All Levels with Restoratives

Studio Events

More details are on the website.

Sound Bath – Nov. 10th 6-7:30pm \$25

All Levels Inversion Workshop – Nov. 15th 5-7pm \$30

Reiki Level 1 Training/Attunement – Sat. and Sun. Nov. 18th & 19th \$175

Holiday Shoppe – All of December

Everyday Mindfulness – 10 Weeks beginning Jan. 3rd On-line only

Beginner's Workshop – 4 weeks beginning Jan. 10th

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
	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 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 make purchase a class card: <http://peaceful-yoga-with-jen.square.site/>

Peaceful Yoga with Jen

Email: Jenakob729@gmail.com

Web: www.peacefultyogawithjen.com

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