



Namaste,

I hope you managed to find time for a little self-love and care this past month. Mother Nature was trying to help by enticing us to stay inside by sending all the icy and windy weather. Let's hope March isn't a repeat!

Last week, Vivian Vega of Breast Friends of PA asked me to join her on the radio, POCO 103's "My Little Town" with Gary Cee. I had the opportunity to talk about my Yoga4Cancer classes and aspirations for them. [If you want to listen to the program, just click here and enjoy.](#) On the program, Vivian mentioned that I wanted to be able to hold the classes for free and that we were looking for sponsors. I want to send a big, heart-felt thank you to Guy and Pam for becoming the first sponsors of the Cancer4Yoga classes. Because of their kind generosity (and their birthday gifts to each other this year), 100 people will be able to benefit from these classes for free!

Last month, I asked you to turn inward in February and find ways to care for yourself, and this month, I am asking you to carry that caring forward into the world. Seva is the Sanskrit word meaning "selfless service." It is about serving others with no expectations of outcomes. It is about giving but not receiving. There are many ways to practice Seva; donating time, money, items to charities of your choice, kind words, gestures, thoughts, prayers, or even just a smile. Efforts can be great or very small, that is up to you. It is about doing something in a way that you are called to serve, without wanting anything in return.

Of course, I wouldn't ask you to do this if I wasn't going to give you an opportunity to practice. Though the opportunities we are offering, you will be getting a little something in return, it will just be a little added bonus, an incentive if you will for beginning your Seva journey! On the weekend of 29th, you will have two opportunities to donate to Pocono Wildlife Rehabilitation and Education Center, a nonprofit, all-volunteer wildlife care facility. (<https://www.facebook.com/PoconoWildlife/>)

On Saturday the 29th, Brian Pedersen, Fitness Trainer and Nutrition Coach and I will be holding a workshop: The Mindful Eating Method. This will be a 1-hour, in-person workshop focused on what mindful eating is and how you can apply it to your everyday life. It will include interactive discussion and active strategies to learn how to improve digestion, curb craving, eat with less guilt, and begin to develop a healthier overall relationship with food. The cost is \$10, and all proceeds will go to the Wildlife Rehab.

On Sunday, March 30th, we have gathered an assortment of Energy Healers to give you a relaxing 30-minute healing session where again, all proceeds will go to the Wildlife Rehab. Healing Hands Helping Wildlife Fundraiser will be a donation of \$40. Here you will receive hands-on energy work that will relax and assist you on the physical, emotional, and spiritual levels.

For both workshops, you must register in advance. Head to the [Events and Workshops website](#) for more information.

As a friendly reminder, since winter is not yet gone, please check the website, Instagram, or Facebook, if the weather is questionable. If we cancel classes at the studio, they will be on Zoom. We will post notifications at least one hour before the start of classes.

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 am always interested in hearing when and why people started to practice yoga. And then, how it has impacted their life. For 2025, we have this new section of the newsletter

that is all about your yoga journeys. I hope you are willing to share your stories. All you need to do is send me an email.

Melodie H.:

My first yoga experience, many years ago, highlighted my lack of flexibility and limited athletic ability. It left me feeling like yoga was not a good fit for me. Many years later, I got up enough courage to try a class at Peaceful Yoga. I was so anxious that I was hoping just to make it through the class without falling apart. However, I was delighted to find myself in a space that felt peaceful and nurturing. The emphasis was not trying on to twist yourself into difficult poses but on listening to your body and finding what was "available" to you at the moment. What a refreshing concept! There was no shame, no competition and no feeling bad about what I couldn't accomplish. I felt so supported and encouraged.

Jen also provided education about the aspects of yoga that went beyond the physical poses - breathing, meditation, gratefulness and so much more. This information is the kind of stuff that goes deep and has a profound impact on me. I've done individual yoga sessions with Jen as well as yoga therapy and energy sessions. They have helped me to not only to feel better, but also to grow as a person. The virtual Mindfulness class that Jen facilitated last year helped me to challenge some of my habitual ways of thinking and gave me tools to manage my anxiety.

Jen has a wonderful gift of being able to support positive changes through applying the many aspects of yoga and I've been most fortunate in finding such an incredible teacher to guide me on my yoga journey!

Thank you, Melodie, for sharing your story.

If you ever have any questions about the different services we offer, please reach out and ask. Private yoga sessions, energy sessions, Yoga Therapy sessions are available. Not to mention the variety of workshops we can offer. If there are any topics you are interested in learning, let us know and we can create a workshop on your suggestion!

So, who is willing to share their yoga story next?

Studio Updates

Subs and cancellations for the upcoming months:

3/1/25, Saturday, Kayleigh subbing for Jen's All Levels with Restoratives

3/6/25, Thursday, Kayleigh subbing for Courtney's Yoga with Weights

Studio Events

More details are on the website.

Yoga4Cancer – Every Wednesday at 6pm & Thursday @ 1pm \$5 (willing to offer on a Saturday as well if there is enough interest.)

Off the Mat Chapter Chat – Friday, March 7th @ 11:45

Rebirthing Breathwork – Saturday, March 8th @ 3pm \$30

The Mindful Eating Method – Saturday, March 29th @ 11:15 \$10

Healing Hands Helping Wildlife – Sunday, March 30th select times \$40

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
	5:00 PM	Deep Stretch	Courtney
Wednesday	9:00 AM	Stretch, Relax and Meditate	Jen
	10:45 AM	Intro to Pilates	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	Tammy
Saturday	8:00 AM	Intro to Pilates	Jen
	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

Web: www.peacefullyogawithjen.com

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

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