



Namaste,

My birthday was in November, and those of you who were around me know that I thought I was a year older than I actually am. How does one forget their age you ask? Well, it is pretty easy. My niece was born on my 35th birthday, and I jokingly stopped celebrating my birthday after that. So, I am forever 35! Seriously though, I don't know how I forgot, probably because age is not that important to me and COVID has really messed up my time reference. In my confusion, someone mentioned that I now get an entire year do-over since I skipped a year. Well, that was interesting to think about. What would I do if I could really do the full year over? Looking back, what would I change or do differently?

Fortunately, I had a particularly good year, therefore there is not much I would change. Had I experienced a difficult year, I still do not think I would have changed anything. I believe that whatever we have been through, it was something we were meant to go through. It does not make a difference whether it is viewed as good or bad, positive or negative. Even if it was the loss of a loved one, which did occur in the beginning of the year. Of course, I never want those I love to leave, but it is the natural order of things. In looking back at the loss, I think about how grateful I was to have the person in my life for as long as I did.

All our experiences, be it a loss or new love, a graduation or incarceration, they all teach us lessons. Although some lessons are harder than others, we can grow by allowing them to teach us and bring a new perspective. If we choose not to learn the lesson, then the universe may place us in another situation that could be a more intense one in order to help us bring awareness to learning.



Among all the holiday chaos, I hope that you can take time to reflect upon the past year. What did you learn from the good times and from the not so good times, or down-right tough times? We cannot change the past, and there really are no do-overs, but we can learn from our past choices and make different ones, if necessary, going forward. What did you feel you missed? What regrets might you have? How can you, going forward, try to make sure you make choices that lead to more positive outcomes? What have you done this past year that you may want to continue to do in the coming year because it was so beneficial to you?

Please remember to do your best this month to not let the holiday craziness consume you. Time really does seem to fly; whole years apparently can be missed! So don't help time go by any quicker than it needs to. Be sure to take time each day to be mindful and present.

I wish you all a very wonderful holiday season!

Be Well,

Jen

P.S. If you no longer wish to receive this newsletter, please let me know and I will be happy to remove you from the list.

Studio Updates

Inclement Weather:

Winter weather is on its way! In the case of inclement weather, the studio will be closed. However, class will still be held via zoom. We typically follow Pleasant Valley School Districts closings with some exceptions. If I close the studio, I will post on the website and Facebook by 8 am. Alternatively, you can email or text me to confirm that the studio is closed.

Class Changes:

Beginning in January, the Amputee class will be held only once a month now on 4th Saturday of the month at 11:15.

Subs and cancellations for the month:

Friday December 16th Tammy subbing for Jen's Yin class

Saturday December 17th Jill subbing for Jen's All Levels class, Amputee class cancelled

Tuesday December 20th Courtney subbing for Jen's Gentle class

Wednesday December 21st Tammy subbing for Jen's Stretch, Relax and Meditate

Thursday December 22nd Jen's Chair class is Cancelled

Friday December 23rd Tammy is subbing for Jen's Yin class

Saturday December 24th Kayleigh subbing for Jen's All Levels class

*Sunday December 25th Classes Cancelled. **Merry Christmas!***

Tuesday December 27th Courtney subbing for Jen's Gentle class

Wednesday December 28th Tammy subbing for Jen's Stretch, Relax and Meditate

*Sunday January 1st Classes Cancelled. **Happy New Year!***

Studio Events

Pre-registration is required for all of the below events.

Relax, Release and Roll (Front Line) – Saturday, December 10th at 11:15am \$20 or \$55 w/purchase of balls

Beginner's Workshop – 4-week workshop beginning Wednesday January 4th. 2 options, morning session at 11:15 or evening session at 6pm. \$50 or \$15/class.

Ballet Barre Fit – Mondays beginning January 9th at 5:15pm. 8-weeks for \$120 or \$18/class

Relax, Release and Roll (Spiral Line) – Saturday, January 14th at 11:15am \$20 or \$55

Reiki Level 1 Training/Attunements - Saturday & Sunday, January 28th & 29th. \$175

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	Vinyasa 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>