



Welcome to 2026,

I feel as though I just welcomed 2025 and here we are, another year later. As I reflect upon this past year, I notice how balanced it was. There were some wonderful happenings; engagements and weddings of friends and loved ones. And in turn, there were also frustrations and losses; especially one individual who is gone too soon. These were highs and lows for sure, but all the while I remained very centered and grounded, which I worked on this past year. The work paid off. I learned and gained more from each experience, and felt emotions (sadness, anger, joy, happiness, etc.) without them overwhelming me. I let each run its course and just moved on. It is not so easy to do with strong emotions, and yet...I was successful.

My success is a direct result of my ability to be centered, grounded and balanced on various levels of my being. Remember the Koshas, the five layers of our being in yogic philosophy? Well, I worked on being balanced in each layer (physical, energetic, emotional, intellectual, and spiritual) and found that they are really all interconnected. This is a practice that I will be maintaining, not just in 2026, but for the remainder of my lifetime. Whether you are a person to set New Year's resolutions or not, I hope you can try to instill a similar mindfulness practice or, whatever you are trying to do, incorporating the idea of the Koshas and perhaps you will find success too.

I would still love to hear all ideas about things we can offer at the studio. I mentioned in a previous newsletter that we are starting a team for the UltraTrax at Bear Creek in April. This is essentially a hiking challenge that studio goers thought would be fun. We can train individually, or occasionally as a team. You can find out more information on the events page of the website. My family is joining me on this challenge, so feel free to have your family be a part of the team as well; the more the merrier!

Also, the Off the Mat Chapter Chat will begin again on Jan 9th. We were a small group, but it was always a lively discussion. We plan to continue this in the new year with the book ***The Untethered Soul*** and its guided journal by Michael A. Singer. There is more information on the events page of the website if you would like to join us!

If there is inclement weather, the studio will close, and classes will be on zoom. Please check the website for updates.

I wish you all a very Happy and Healthy New Year!

Be Well,

Jen

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

An Enormous Thank You from Mira

I cannot fully express my feelings of deep gratitude. I have been so touched by your caring, concern and thoughtfulness and once again as I look at the beautiful gift basket filled with so many meaningful gift, I can't help but wonder, how on earth did I become so incredibly blessed to have such a wonderful group of friends at the studio. So many kind words of encouragement and well wishes have buoyed me up. I am so looking forward to seeing everyone again. From the bottom of my heart, thank you

Mira

Studio Updates

Subs and cancellations for the upcoming months:

Wednesday, Dec. 31st, Yoga4Cancer is cancelled.

Thursday, Jan. 1st, Studio is closed [Happy New Year!](#)

Sunday, Jan 25th, Courtney subbing for Lindsay's class

Studio Events

[**More details are on the website.**](#)

Yoga4Cancer – Every Wednesday at 6pm, Thursday at 1pm & Saturdays at 11:15
Y4C classes are all FREE

Off the Mat Chapter Chat – January 9th @ 11:45am

Ultra Trax @ Bear Creek Mountain – April 19th

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

Other events held elsewhere:

Candlelight Yoga Nidra – Thursday, Jan 15th @ 6:30 held at The Castle Inn in Delaware Water Gap

Class Schedule

| Day | Time | Class | Instructor |
|-----------|----------|------------------------------------------------------------------------|------------|
| Sunday | 10:30 AM | All Levels Flow | Lindsay |
| Monday | 9:30 AM | Tai Chi Yoga Fusion | Tammy |
| 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 | Pilates | Jen |
| | 6:00 PM | <i>Yoga4Cancer</i> (Cancer patients, survivors, and caregivers) | Jen |
| Thursday | 9:00 AM | All Levels | Tammy |
| | 11:00 AM | Chair | Jen |
| | 1:00 PM | <i>Yoga4Cancer</i> (Cancer patients, survivors, and caregivers) | Jen |
| | 5:00 PM | <i>Yoga with Weights</i> | Courtney |
| Friday | 8:15 AM | Yin Yoga | Jen |
| | 10:00 AM | Pilates + More | Tammy |
| Saturday | 8:00 AM | Intro to Pilates | Jen |
| | 9:30 AM | All Levels w/restoratives | Jen |
| | 11:15 AM | <i>Yoga4Cancer</i> (Cancer patients, survivors, and caregivers) | 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.peacefulyogawithjen.com

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

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