

Peaceful Yoga



Namaste,

According to Traditional Chinese Medicine (TCM), in the five-element cycle, the earth element is usually associated with the short season of late summer, which we have just entered. It is a crucial time of transformation, harvest, and nourishment. It encourages us to live with ease and develop satisfaction.

When balanced in the Earth meridian, we feel centered, grounded, fulfilled. Unbalanced, we may find that we worry persistently and have difficulty transforming our thoughts and ideas into actions. People with a weak sense of center have difficulty in setting clear intentions and, rather than living the life they really want, they get stuck going round and round in circles.

There are ways to become centered and grounded that are quite easy to do. Spending time in nature; walking, hiking, or reading a book under a tree can energize the mind and body. Practicing meditation, yoga, or tai chi is an excellent way to get us out of our minds and into our bodies. Consuming whole, seasonal foods help to nourish our bodies and connect us physically and emotionally to our environment. Lastly, being mindful, present in the here and now is another excellent way to focus on balance in your life. On that note, if you want to work on being mindful, my 10-week Everyday Mindfulness workshop begins next Tuesday the 5th!

If you are feeling stuck, going round and round in circles, this season of late summer is a great time to break the cycle. You just need to take one simple first step. Last week I had a quote on the board that fits the theme of this newsletter: The 3 C's of Life: CHOICES, CHANCES, CHANGES. You must make a CHOICE to take a CHANCE, or your life will never CHANGE. Although taking the first step can seem challenging, please remember, you do not have to do it alone, we are here to help!

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 Slow Flow Sunday, 9 AM

"This class integrates some simple stretching and breathing into your weekend routine. This is a peaceful and approachable flow that will balance the senses and calm the mind. The pace is meditative, emphasizing peace and calm in body and mind. We take several rounds of breath in each pose, instead of moving to each breath. Because of this, Slow Flow is a less intimidating experience for those newer to yoga and those who are just looking to take a peaceful class while getting back to the basics.

This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, and balance. Yoga poses are linked to breath to help reveal body awareness, inner strength, and easeful opening.

Slow flow is all about grounding, stable energy. The focus is primarily on balance and safe alignment.

There is also more time to use props like yoga blocks and bolsters.

Relax, let go, and enjoy the Slow Flow!" - Courtney

"Courtney's Sunday morning class is fun, and everything flows so well together so the class goes by very quickly and before you know it, we're beginning our Savasana. And I only then realize how hard a workout I just went through and appreciate the resting pose even more.

Courtney gives lots of options for the different movements so that folks like myself who just are not limber or balanced enough for some poses have more realistic options. I always look forward to the "Easy like Sunday Morning a.k.a. Slow Flow" class with Courtney to start off the new week." – student Mark D.

Studio Updates

Subs and cancellations for the month:

Tuesday, Sept 19th Jen possibly subbing for Courtney's Deep Stretch Class
 Thursday, October 5th, Jen is subbing for Courtney's Yoga with Weights
 Sunday, October 8th, Kayleigh is subbing for Courtney's Sunday classes.

Studio Events

More details are on the website.

Everyday Mindfulness – 10 Tuesdays beginning 9/5 @ 10:45. \$175 for all 10 classes or \$20/class.

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

108 Sun Salutations – In lieu of Vinyasa Flow. Sunday 9/24, 11 am, cost is \$20.

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 (Previously ELSM)	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.peacefulyogawithjen.com

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