

Peaceful Yoga

Namaste,

The picture above is my view as I write this letter on vacation from the deck of the Air B&B. On the calm lake this morning, a majestic bald eagle flew by, and I took a peaceful paddle board ride with my husband and two dogs. As I enjoy my surroundings, there is a beautiful breeze as I sit on the deck with my extended family all around me.

It feels good to get away from the normal everyday routine (even though I have no qualms about it), to recharge out in nature and spend time with the ones you love. This newsletter will be short and sweet (and a bit of a repeat) so I can get back to enjoying my vacation.

I hope you have an opportunity this summer to do the same!

Be Well,

Jen

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

Yoga Therapist's Corner



As a yoga therapist, I am always looking for ways to improve upon my skills so that I can be of better service to whoever I may be working with. I typically do not know what I want to learn, but then I will come across individuals with similar issues, then I realize that that is what I need to learn. Once I realize what I need to learn, training or workshop very conveniently comes my way. It's funny how my life works sometimes.

A few years ago, my cousin was going through treatment for breast cancer. She was talking to me about the side effects of treatment and how nobody told her about them. As she was listing her side effects (ROM, fatigue, anxiety, lymphedema, to name a few), I realized that yoga could be helpful for every one of them. This made me a little curious, and I was not yet in a place that I could take on what was churning inside my head, so I placed it on a shelf for the time being.

As most of you know, my daughter graduated from high school this past spring and will be heading off to college in the fall. I will have more time come fall to dedicate to my work as a yoga therapist. And wouldn't you know it, I came across a 6-month yoga4cancer training program this past January. I am happy to say, I completed said training and I am now certified to teach Oncology Yoga.

What I learned in the training has already come in handy with a few of my existing yoga therapy clients (who do not have cancer) as well as things I have taught in my general classes that you may or may not have realized. I cannot wait to begin to offer it to the cancer community.

Yoga4Cancer classes help cancer patients and survivors:

- Maintain a strong immune system
- Build strength and flexibility
- Reduce cancer related fatigue
- Improve sleep and reduce anxiety
- Manage treatment side effects
- Create self confidence

- Cultivate hope and a sense of well-being
- Support long term health goals
- Foster community
- And achieve the American Cancer Society's weekly guidelines for recovery and prevention

If you know anyone who is on a cancer journey and could use a little support, please send them my way! I will be starting classes dedicated solely to cancer survivors very soon and I am really looking forward to helping this population. I would also love to offer these classes or even yoga therapy sessions to them free of cost, so if anyone knows of any grants or organizations that would be willing to help or maybe even fundraising ideas, I would love to hear about them!

Studio Updates

Subs and cancellations for the upcoming months:

Wednesday, July 31st, Courtney subbing Jen's SRM, class will be at the studio.

Thursday, August 1st, Kayleigh subbing for Jen's Chair class

Friday, August 2nd, Tammy subbing for Jen's Yin

Saturday, August 3rd, Kayleigh subbing for Jen's All Levels

Sunday, August 4th, Kayleigh subbing for Courtney's classes

Sunday, August 18th, Kayleigh subbing for Courtney's classes

Saturday, August 24th, Kayleigh subbing for Jen's All Levels

Studio Events

More details are on the website.

Yoga at the Park – Every Wednesday @ 9:30am (weather permitting)

Yoga4Cancer – Every Thursday @ 1pm \$5

Yin Yoga Nidra Sound Bath – Friday, September 20th @ 6:30pm \$30

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	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
	10:45 AM	Yoga for Balance & Strength	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 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)