



Namaste,

There is something about September that signifies change to me. It could be a change in the weather, the leaves starting to turn, or the shift in family schedules sending their kids off to school. Whatever it is, change is taking place in the world and in our little studio in Brodheadsville as well.

First exciting change is our newest instructor to join the team, Charlotte. She has started a class on Monday nights called, "Relax and Restore." This is a gentle flow class followed by restorative yoga where poses are held comfortably for longer periods with props. These poses target joints and connective tissue while stilling your body and mind with mindful breathwork which will leave you feeling relaxed and restored to start your week. This wonderful class will run until October 12th when Charlotte shifts to enjoy warmer weather in the south. I hope you can join her before she goes!

The second change will be the departure of the Intro to Pilates class held on Saturday mornings. Although I am disappointed, I want to ensure that the studio maintains classes that meet the collective needs of the studio participants. Low attendance is one of the measures that I use for feedback on what should be on the class schedule. With that said, I want to remind you that we are always curious about other things that you would like to learn or different classes that you would like to see. It may be possible to start a new class, or run a workshop, we just need to know what you would like...tell us!

Lastly, I wanted to let you know that I have added a new page to the website, Relaxation Recordings. Often, I have been told how much people like when I do guided relaxations. I have recorded a few throughout the years and have sent them individually to people. I figured, why not share them with whoever else wants them. Hence, why are they now on the website. It is just my voice recording on Zoom, so it is not a professional recording, but I figured something is better than nothing.

I hope you enjoy your September and whatever changes it may bring!

Be Well,

Jen

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

Studio Updates

Subs and cancellations for the upcoming months:

Monday, Sept. 7th, *Tammy's Tai Chi is cancelled*
Saturday, Sept 19th, Courtney covering for Jen's All Levels, *Y4C is cancelled*
Wednesday, Sept 23rd, Courtney covering Jen's SRM, *Pilates & Y4C are cancelled*
Saturday, Sept 26th, Courtney covering for Jen's All Levels, *Y4C is cancelled*
Sunday, Sept 27th, Jen covering for Lindsay's All Levels
Thursday, Oct. 8th, Jen covering for Courtney's Yoga with Weights
Monday, Oct. 12th, Charlotte's last Relax and Restore 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

Tai Chi for Cancer – Every Sunday at 12:30pm class is FREE.

Yoga at the Park – Wednesdays @ 9am, weather permitting

Off the Mat Chapter Chat – September 4th @ 11:45am discussing Chapters 16 & 17

Full Moon Sound Bath – Friday, September 25th @ 7pm

Studio Hike @ Jacobsburg State Park – October 11th, 9am

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

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
	12:30 PM	Tai Chi for Cancer (Cancer patients and survivors)	Victor
Monday	9:30 AM	Tai Chi	Tammy
	6:00 PM	Relax and Restore	Charlotte
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	Yoga4Cancer (Cancer patients, survivors, and caregivers)	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 + More	Tammy
Saturday	9:30 AM	All Levels w/restoratives	Jen
	11:15 AM	Yoga4Cancer (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](#)