

Peaceful Yoga



Namaste,

Can you feel it? It is getting warmer! Can you see it? The daylight is around longer! Yes, mother nature may still have a few snowstorms here and there, but it won't last. Spring is around the corner. Regardless of the signs outside, what do you notice, if anything, inside of yourself? Perhaps a little more energized, a little stirring of interests to plan and organize some new adventures? After turning inward in the winter, spring is the time now to start planning and begin moving out into the world. What fun and exciting things do you want to come your way? How can you make them happen?

One of my new adventures for the spring will be the Ultra Trax hike challenge. I have mentioned this before in previous newsletters. We have a group of approximately 12 hiking on April 19th, and the group would love more of you to join us! As part of my training, I plan on taking two local hikes beforehand, and it would be great to have you as company, even if you're not planning to join the Ultra Trax. If the weather holds out, the first one will be on March 8th in the afternoon in Delaware Water Gap. The other will be March 29th in the afternoon on a trail near Palmerton. If you are interested in coming, please reach out, and I can give you the details of time and place (lol, I have yet to determine those officially).

According to Traditional Chinese Medicine, spring is associated with the emotions of anger and frustration. Just as nature bursts forth with new growth, unresolved emotions may also come to the surface during this time. Take tips from nature, if you find that you are feeling stuck or frustrated, practice being flexible and adaptable; like tree roots, you may need to find another path.

One path to help with stuck energy and getting things moving is Reiki. You are certainly welcome to book a private session, but how about helping some animals as well? Just a reminder that we have the Healing Hands Helping our Furry Friends event coming on April 12th. For \$50, you receive a 45-minute Reiki session and a

sound bath. There is still room for you to join! We are still collecting items for AWSOM at the studio until then, if you want to help with that, as well.

Hopefully, this will be the last reminder that if there is inclement weather, the studio will close, and classes will be on zoom. Please check the website for updates.

Be Well,

Jen

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

Spring Equinox Sound Bath



The Spring Equinox on March 20, 2026, signifies a powerful spiritual moment of perfect balance between light and dark, marking a time for renewal, growth, and resetting personal harmony. It acts as a bridge from winter's dormancy to spring's vibrant energy, encouraging the release of old habits to make space for new intentions and manifestation.

If you have never experienced a sound bath before, March 20th, the Spring Equinox, we have just the opportunity for you to do so. During a sound bath, you are invited to enter a state of deep relaxation while being immersed in the beautiful sound of crystal singing bowls. A sound bath not only reduces stress and anxiety by inducing a state of relaxation, but it also has physiological benefits. These include a reduction in pain, better sleep, removal of toxins, and strengthening of the immune system. The frequencies of the bowls recalibrate your body and mind, regenerate cells, and open portals to higher consciousness.

Join Vyolet as she leads this 60-minute session which will harness the powerful, renewing energy of the equinox through crystal singing bowls, chimes, and gentle guided meditation. Let

the sound vibrations clear stagnant energy, ease stress, and open space for intention setting and inner clarity.

Cost is \$25. Please contact the studio to reserve your spot today!

Studio Updates

Subs and cancellations for the upcoming months:

- Saturday, Feb. 28th, Courtney covering for Jen's All Levels, *Y4C is cancelled.*
- Saturday, March 14th, Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*
- Sunday, April 5th, Studio is closed for Easter.
- Sunday, April 12th, Jen covering for Lindsay's All Levels
- Monday, April 13th, *Tai Chi is cancelled*
- Thursday, April 16th, Jen covering for Tammy's All Levels
- Friday, April 17th, Jen covering for Tammy's Pilates
- Monday, April 20th, *Tai Chi is cancelled.*
- Saturday, May 2nd. Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*
- Saturday, May 30th, Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*

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 class is FREE

Off the Mat Chapter Chat – March 6th @ 11:45am discussing Chapters 4 & 5

Reiki Share – March 15th @ 2pm

Spring Equinox Sound Bath – Friday, March 20th @ 6:30pm

Healing Hands for our Furry Friends – April 12th

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, March 19th @ 6:30pm held at The Castle Inn in Delaware Water Gap

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
	12:00 PM	Tai Chi for Cancer (Cancer patients and survivors)	Victor
Monday	9:30 AM	Tai Chi	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	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	8:00 AM	Intro to Pilates	Jen
	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.peacefullyogawithjen.com

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

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