



Namaste,

Fall has arrived here in the Poconos, and I for one cannot wait for the beautiful show that Mother Nature puts on this time of year! I relish the cool, crisp air, especially at night; such great sleeping weather!

October is Breast Cancer Awareness month. As many of you know, I have partnered with Breast Friends of PA to provide 3 yoga classes a week for patients, survivors and caregivers, not just breast cancer, but for all types of cancer. I, also, host Victor who teaches Tai Chi to this community in the studio on Sundays at 12:30. I am happy to announce that he will also be holding Zoom classes for the cancer community on Tuesdays at 6pm. If you are a cancer patient/survivor, you can head to the Yoga4Cancer page on the website to get the link for the classes. If you would like to support Breast Friends and/or these classes, you could purchase the Scrunchies by Skosh or the leggings at the studio. Another option is to attend the Tricky Tray on October 4th at American Candle; open from 11-4 with the drawing at 5 pm. You do not need to be present to win, all proceeds go to Breast Friends of PA.

As we prepare the cooler months ahead, we want to make sure everyone in our community can stay warm from their head down to their toes. Therefore, this month we will be joining PVEN for their Socktober event. For the month of October, we will be collecting new socks for young and old here at the studio. It's simple really, next time you go shopping, just pick up a pack of socks (any size will do) and then bring them into the studio when you come to class. At the end of the month, I will take them over to PVEN where they will distribute them to those in need. Thanks in advance for your help with this drive!

It is wonderful to help and do for others, but I also want to give you an opportunity to get something for yourself. I will be purchasing more merchandise for the studio

in the middle of the month. If you are interested in T-shirts, long-sleeved tees, hoodies, zip-up hoodies or crewneck sweatshirts head here:

<https://www.peacefullyogawithjen.com/clothing>

You can then pick your style, your color and size then let me know, and I will add them to my order. You will see a range of prices. Unfortunately, I won't know the exact price until I know how much we are ordering; the more we order, the lower the price. The amounts won't be any higher, but they could be lower! I will be placing the order on October 19th, so let me know before then what you would like.

Sadly, this will be our last month for yoga at the park until next year. I am hoping we will make it until the end of the month, but we shall see. Keep checking the website or Facebook on Wednesday mornings to see where class will be. My rule is it has to say it will be 60° at 9am for class to be outside. Just remember to wear layers if you come to the park, and for some of you, gloves. 😊

I hope you have a Happy Fall Y'all!

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:

Thursday, Oct. 8th, Jen covering for Courtney's Yoga with Weights

Monday, Oct. 12th, Charlotte's last Relax and Restore class

Wednesday, Oct. 14th, **Yoga for Cancer is 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 12:30pm in person class and Tuesdays on Zoom
only at 6pm Both classes are FREE

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

Socktober – All October long

Off the Mat Chapter Chat – October 2nd @ 11:45am discussing Chapters 18 & 19

American Candle Tricky Tray – Sunday, October 4th, 11-4

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

New Moon Sound Bath – Sunday, November 8th @ 6:30pm \$25

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.peacefullyogawithjen.com

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

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