



Peaceful Yoga

Namaste,

I hope that you are all keeping nice and cozy warm in this crazy Pocono winter weather! When I was a kid, I had a pair of pajamas with a penguin on it. It said, “cold feet, warm heart.” This quote is fitting for this month; the month associated with love and apparently really cold temperatures!

If you have taken my class, you most likely heard me say, “draw your awareness from your head down to your heart center.” When I bring my awareness to my heart, the first thing I notice is a sense of warmth. (*This may or may not occur to you, we are all unique individuals after all.*) After the warmth, I feel a sense of calm, especially if my mind was in its normal state of non-stop chatter. There is a sense of peace when my awareness is at my heart. I am tuning into feeling and being state, rather than thinking or doing state. What differences do you notice when your awareness is at your heart and not in your head?

I also notice that I am kinder and more tolerant towards people when I keep my focus and awareness at my heart center. I am less judgmental, or I catch myself being judgmental and then focus on reframing my thoughts, instead of letting my thoughts continue judging. Isn’t that something especially important to be, non-judgmental? And I do this not just towards other people, but also towards myself. They say how you treat others has a direct correlation to how you treat yourself. So, treat yourself with loving kindness so that you can spread that kindness to those around you. Wouldn’t that be a lovely world if we were all kind to one another!

My hope for you this month is to live your life filled with love, let go of hate, and if you have cold feet put on an extra pair of socks or two!

Just another 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!

Healing Hands for our Furry Friends



Each year, sometimes more often, I like to offer an opportunity to give back to our community. This year we have chosen to help AWSOM, our local animal shelter, where I adopted two of my furry companions (*Petey and Loki above*).

Two ways you can help:

1. We will be collecting supplies for AWSOM at the studio throughout the months of February and March. Feel free to bring your items in and place them in the bin at the front of the studio.

They are in immediate need of these items:

Fancy Feast Canned Cat Food, Breeders Edge Kitten Formula, Purina Cat Chow, Fancy Feast Canned Kitten Food and Friskies Wet Cat Food Classic Pate

They also could use gift cards to:

Pet Supplies Plus, Lowes, Walmart, Pet Smart, Home Depot, and Weis

Lastly, they have wish lists on Amazon and Chewy.com

https://www.amazon.com/hz/wishlist/ls/28F7UGYJROZ2K?ref_=wl_share

https://www.chewy.com/g/animal-welfare-society-of-monroe-awsom_b86630810#wish-list&wishlistsortby=DEFAULT

2. On April 12th we will be holding our Healing Hands for our Furry Friends event. For \$50, you will receive a 45-minute energy healing session from one of our volunteer Reiki practitioners/Energy Workers, while Vyolet soothes us with a Crystal Bowl Sound Bath.

We currently have 7 Energy Practitioners volunteering their time and looking for 1 more:

Jude Goode from Angels of Lightwork
Dr. Kathy Ledet from Ledet Family Chiropractic Center
Betsey Blair from Progressive Motion
Nesha Parker from Willow and Oak
Jen Akob from Peaceful Yoga with Jen
Cathy Meeker from Experience Reiki
Ron Pearce

There will be two sessions available, 2:30 and 3:30. You must sign up in advance to reserve your space because spaces are limited. Give Jen a call to reserve your spot today!

Studio Updates

Subs and cancellations for the upcoming months:

Sunday, Feb. 8th, Courtney subbing for Lindsay's class.

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.*

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, but you must register in advance (*Feb. 1st class is canceled*)

Full Moon Sound Bath – February 1st @ 6pm

Off the Mat Chapter Chat – February 6th @ 11:45am discussing Chapters 2 & 3

Reiki Share – February 22nd @ 2pm

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 – Friday, February 20th @ 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 Yoga Fusion	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.peacefulyogawithjen.com

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

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