



Peaceful Yoga

Namaste,

This weekend I had the great pleasure of getting together with my college roommates to celebrate our 25th reunion. I had such a wonderful time with them and felt so good the whole day even after leaving them. As I was driving home, I was thinking about what I was feeling; I would call it joy. And I thought wouldn't it be nice to be able to feel this way all the time. As I thought more about this, of course I loved seeing my friends and being with them and that certainly contributed to my happiness, but I feel it was more than that. Knowing that I only had a little time to spend with them, I made sure to **really** spend it with them. I was fully present the whole time we were together; mindful.

Joy is a particular type of happiness that's infused with a sense of appreciation, gratitude, contentment, and awe. When we are joyful, we lose awareness of self and become fully connected to the present moment. We feel a vitality and aliveness that comes from being in harmony with our true nature. Joy is something that can be practiced and cultivated and yet it is something that we take for granted.

I am asking you this month to take time every day and intentionally and mindfully invite joy back into your life.

Stay Safe and Be Well,

Jen

P.S. If you would not like to receive this newsletter any longer, please respond to this email, and I will be happy to remove you from the list.

Studio Updates

New Class: Ballroom Basics!!!

David and Teri will be running this is 4-week series introducing basic movements of East Coast Swing (5/6), Rumba (5/13), ChaCha (5/20) & Night Club 2 Step (5/27). Each class focuses on a single dance, ending with practice time. Classes are limited to 6 couples (husband/wife, Friends, mother/daughter, just need 2 people) & are for beginner dancers - no experience is preferred!

Cost is \$100 for all 4 weeks or \$30 per couple per class.

Contact the studio via email, phone, text or stop into sign-up!

Vyolet's offerings this month:

This coming Friday, the 29th, Vyolet will be playing her bowls and guiding us through a meditation. Hope you can join us at 7! Sign up here via Sign-up Genius: <https://www.signupgenius.com/go/10C054DABAC28A1F49-peaceful98>

Vyolet, along with her German Shepherd Max, will share her 30+ years of Animal Communication experience with you on May 15th. There is no preparation or special skills required. Learn how to recognize and hone inter-species communication skills, how to clear the mind and trust through exercises and meditations. Learn the many ways to communicate effectively with an animal. Discover the difference between human and animal perspectives while deepening your awareness and compassion for all life. You will get the chance to practice on a real animal who is an expert in communicating with humans. Cost is \$75. You can sign up here: <https://www.signupgenius.com/go/10C054DABAC28A1F49-animal>



Price Increase:

Just a reminder that the regular class prices, class cards are going up beginning May 1st.

Wednesdays at the Park:

We haven't had a warm enough day to be there yet, but it is coming! Be sure to check the website or Facebook if you plan on coming to a Stretch, Relax and Meditate class on Wednesday morning so you know where we will be. Hopefully we will be at Chestnuthill Park on 715, sooner than later!

Subs and cancellations for the month:

Jen may possibly be covering for Courtney or class might be cancelled on Tuesday May 3rd; jury duty. Kayleigh will be subbing for Jill Thursday May 5th.

Studio Events**Crystal Bowl Sound Bath**

Friday, April 29th 7-8:30pm
Cost is \$25 sign up via sign-up genius

Ballet Fit Barre

Mondays, May 2nd – June 13th
5:30-6:45 p.m. \$90 for the 6-week session or \$18 drop in.

Belly Dance Basics

Wednesdays, May 11th – June 8th
5:30-6:30 p.m. \$65 for the 5-week session or \$15 drop-in

Ballroom Basics

Fridays, May 6th – May 27th
7 - 8 p.m. \$100/ couple all 4 weeks or \$30/couple per class

Animal Communication 101

Sunday May 15th
1 - 5 p.m. \$75 sign up via sign up genius

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

Class Schedule

Day	Time	Class	Instructor
Sunday	9:00 AM	Easy Like Sunday Morning	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	5:30 PM	Ballet Fit Barre (special price)	Betsey
Tuesday	9:00 AM	Gentle	Jen
	10:45 AM	Restorative (bring 3 blankets)	Jen
	5:30 PM	Deep Stretch	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
	5:30 PM	Belly Dance Basics (special price)	Teri
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	6:30 PM	Vinyasa Flow	Jillian
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
	5:30 PM	Bonus Class: type varies	Kayleigh
Saturday	9:30 AM	All Levels	Jen
	11:30 AM	Yoga for Amputees (1 st & 3 rd)	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 make purchase a class card: <http://peaceful-yoga-with-jen.square.site/>

Peaceful Yoga with Jen

Email: Jenakob729@gmail.com

Web: www.peacefullyogawithjen.com

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