



Namaste,

I hope that you have all been taking advantage of the beautiful weather that we have been having the past week or so. I am currently sitting outside writing this and am thoroughly enjoying the refreshing air, cool breeze, and beautiful blue sky. I am looking forward to this late summer/early fall season and more glorious days just like today.

This past month, I completed a 30-day challenge. It was a workout challenge that took 15 minutes every day. It was hard and not just because of the workouts themselves. The difficulty was taking the time to do exercise every day. Some days I was all gung-ho, and other days, I just didn't want to do it. It was a mental challenge as well as physical. However, I always did it, and I am so glad that I did. I feel very accomplished, and a bit sore (lol).

Life is full of challenges. Some, like the one I just did, are ones that we choose to do on our own. Other times, life throws challenges at us that we do not necessarily want to face but really have no choice. How we handle those challenges can tell you a lot about your own strengths, or areas that you may need to work on.

Whether self-imposed or unwanted, a challenge is a learning experience. If you choose to focus on the negative, then you will not learn anything. But if you look at the challenge with compassion, curiosity, patience or any other positive attribute, you will see it as an opportunity to learn and to grow. Yes, this can be much easier said than done, especially if pain or loss is involved, but it is possible.

I hope that you challenge yourself in different ways to keep growing and learning. If an unwanted challenge comes your way, I hope you can find what it is that you are meant to learn and experience. And if you need a little help, remember to ask. We are not meant to live our lives alone. We are here to grow and learn together.

Just a quick reminder that I am adding another Yoga4Cancer class, beginning Saturday, September 6th at 11:15. I am also changing the Yoga Du Jour 3rd week class from Pilates to Yoga for Strength. This will be a combination of yoga and Pilates as well as utilizing light weights, bands and anything else I can think of. It will be like Yoga for Strength and Balance; there just will not be a peak balance pose we are working towards. I hope you try it out sometime, a new challenge!

Be Well,

Jen

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

Your Yoga Stories



I am always interested in hearing when and why people started to practice yoga. And then, how it has impacted their life. For 2025, we have this new section of the newsletter that is all about your yoga journeys. I hope you are willing to share your stories. All you need to do is send me an email.

Sadly, nobody wanted to share this month. Let's see if next month can be different. I just want 3 more stories to finish out the year.

So, who is willing to share their yoga story next?

Studio Updates

Subs and cancellations for the upcoming months:

Monday, Sept. 1st Studio is closed. Enjoy the beautiful weekend!

Thursday, Sept. 25th, Jen is subbing for Courtney's Yoga with Weights

Sunday, Sept. 28th, Courtney is subbing for Kayleigh's Slow Flow

Monday, Oct. 13th, Studio is closed

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

Off the Mat Chapter Chat – Friday, Sept. 5th @ 11:45am

Yoga at the Park – Wednesdays, weather permitting.

Full Moon Crystal Sound Bath – Sunday, October 5th @ 6pm \$25

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, Sept. 19th @ 7 held at The Castle Inn in Delaware Water Gap

Butterfly Release for Peace – Wednesday, Sept. 17th @ 5:30pm @ Harmony Gardens

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	Slow Flow	Kayleigh
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 (Held at Chestnuthill Park)	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

Begins 9/6 >	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.peacefulvogawithjen.com

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

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