



Peaceful Yoga

Namaste,

February is upon us, the month dedicated to love. Personally, I believe every month, well every day, every minute of every day should be dedicated to love. I try to live my life with love as its guide. First and foremost, love for my family followed by everyone else in the world including every creature and the Earth itself. Am I always successful leading with love? Of course not, but I always try. I have found that even with difficult people and situations, remembering to be compassionate towards the person(s), situation and towards myself helps.

This past month, two topics kept coming up in my conversations: compassion and language. Language first came up in a Yoga for Cancer training that I am taking where the statement was made, "there is a war on cancer." More specifically the language that was used included the words war, survivors, and battling. To express the impact of the disease, these words work for some people, but not everyone. As I just told you, I try to live my life with love as my guide; therefore, war and love do not mix for me. With that said, I can see how some people may like that analogy, and that is great. Whatever works for you! I am just pointing out that words are very powerful and can mean different things to different people, so this is something we need to be mindful of in our interactions with others and in different situations.

Being mindful of our words is important because there is energy attached to every syllable. This energy can be of a high frequency like when you say something positive and uplifting or, it can also be of a low frequency such as harmful/hurtful words. If we let love and compassion guide our words, we will send out more positive energy not only into the world, but to ourselves as well.

We can all benefit from consciously examining the words we use because the language we use influences the way we think and feel. Unfortunately, many of us have a habit of negative self-talk. Take time and observe how you speak to yourself. My guess is, you say things about yourself that you would never say to someone else in fear of hurting their feelings. So why say such things to yourself? Look at the messages you are sending to yourself, what language are you using? See if you can

change your language to something more positive. Can you be more compassionate towards yourself or things that you are going through? It may not fix situations or issues, but when you let compassion lead you, it will make things more tolerable and manageable.

Take a little time this month to let love guide you, not just in interactions with others but with yourself as well. Take some time to take care of you; show yourself some compassion.

Do not worry, we can help! This Friday February 2nd, Vyolet and I are teaming up for a Restorative Sound Bath. I will help you to find various, comfortable, supportive, relaxing postures. Vyolet will help to lull you into deep relaxation with her bowls and chimes. I do hope you can join us at 6 pm!

Lastly, remember to check the website if the weather looks iffy. If the roads are too bad, we do not want anyone driving to the studio. The studio will be closed, but classes will still be held on Zoom. Notification for morning classes will be posted on the website, Facebook, and Instagram before 8 a.m. if the studio is closing. For evening classes, it will be posted before 3 p.m.

Be Well,

Jen

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

Yoga Therapist's Corner



We highlighted all our classes in last year's newsletters, so I thought I would try a new section this year. I am often asked about Yoga Therapy; what it is and how it can help someone. Therefore, I thought this new newsletter section would help to answer those questions and more! Hope you enjoy it. And if you have any questions or ideas on yoga therapy topics that you may want me to cover here, please let me know!

What exactly is Yoga Therapy?

Yoga Therapy is dedicated to the promotion of personal growth, well-being, and the prevention of chronic illness and injury whenever possible. The yogic model of health is unique because it addresses every aspect of life rather than considering each body part or system separately. Yoga Therapy utilizes the time-tested yogic techniques, principles, and practices - postures/exercises, breath-work, mediation techniques, and more - to support and facilitate natural mechanisms of healing, improved functionality, and increased self-awareness.

What Conditions Can Yoga Therapy Help?

Yoga therapy is a safe way of working with the natural capacity of your body and mind to optimize well-being. It can help with the following conditions:

- * Pain from various sources
- * Major illnesses
- * Neurologic issues
- * Healthy aging
- * Mental health
- * Death and dying

Yoga therapy can also support people who are dealing with stress, and those who simply want to increase their overall well-being.

Studio Updates

Subs and cancellations for the month:

Saturday, February 24th, Kayleigh subbing for Jen's All Levels with Restoratives

Tuesday, February 27th, Courtney subbing for Jen's Classes

Wednesday, February 28th, Courtney subbing for Jen's Stretch, Relax & Meditate

*Thursday, February 29th, **Chair class is cancelled.***

Friday, March 1st, Tammy subbing for Jen's Yin class

Saturday, March 2nd, Kayleigh subbing for Jen's All Levels with Restoratives

Studio Events

More details are on the website.

Restorative Sound Bath – Friday, February 2nd @ 6pm \$30

Reiki Share – Sunday, February 18th @ 1- 3pm

Reiki Level 1 Training – Saturday and Sunday 2/24 & 2/25 @ 2-5pm \$175

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	Slow Flow	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Courtney
Tuesday	9:00 AM	Gentle	Jen
	10:45 AM	Yoga for Balance & Strength	Jen
	5:30 PM	Deep Stretch	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	5:30 PM	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
Saturday	9:30 AM	All Levels w/restoratives	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/peacefullyogawithjen>

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