



It's me again!

I hope you all survived the snowy month of February. As much as I enjoy the lovely snow, I have really loved these past few days of warm temps and beautiful sunshine. Warm, lol, okay so it has been 40° but it has felt so good! I am looking forward to the spring and seeing all the birth/rebirth of life on this beautiful planet that we call home.

As I was having a chat with a lovely friend the other day, I was reminded of the importance of community. I feel the idea of community has changed throughout history from the days where everyone had their part or a specific role to play; a community in which everyone helped each other, no questions asked nor expectations of getting something in return. You helped just because that helped to support and define a community. Your contribution could be big or little at times and was all based on what you were able to provide. In the same way, when there were times of hardship, help was right there for you. I know that this still exists to some extent in our communities, however it is no longer the norm. We unfortunately have become a very selfish society. I, for one, would like to see it change back to how life used to be.

When I originally opened the studio one of my goals was to establish a sense of community. I feel that we have accomplished that, but I want it to be a bit more. Seva is a Sanskrit word that describes the act of selfless service; it is an act of compassion and care for others above oneself. It is an important part of yogic philosophy that is a way to help to develop our spiritual selves. I would like to see our community perform the act of seva; to be a community which we help not only each other, but others as well. With Covid limiting the things we can do I know there are still opportunities out there to do something. For a start, I will start collecting items again for the local food pantries. Feel free to be a part of the project and bring in some non-perishable items, feminine products and toiletries. To continue the momentum for change and service, I would love to hear any ideas and interests you have to support our community.



This month will see a few changes to the Studio's schedule. Due to the high interest in Tammy's Tai Chi Yoga Fusion, she will continue to run the class on Monday mornings. I find the class to be a new, fun challenge and highly recommend it! Courtney's Power Class on Tuesdays will now be 1 hour and 15 minutes compared to the 30 minutes that it has been. Want a workout? This power class is the place to be! Courtney will also be adding a Beginner class to the schedule on Sunday mornings at 9am. This class is not just for beginners; it is also an opportunity for experienced yogis to touch up on their practice.

Lastly, please continue to watch the forecast, March weather is always unpredictable. If it is bad and unsafe to be on the roads, we will close the studio and still offer classes on-line via Zoom. For studio closures, check your email, Facebook or the website. Additionally, please remember to sign up through Sign Up Genius for in-person classes and masks will continue to be required throughout the entire class.

As always, we are open to new ideas for classes and workshops (and community service opportunities). Please share your input! If you have any questions, comments or concerns please do not hesitate to reach out to me.

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 Events

**Yoga Therapy for Your Back** - Tuesdays March 9<sup>th</sup>- 30<sup>th</sup> 10:45-12:15pm \$100

This workshop is completely full. Even though there are no longer spots available, I will be happy to run another session if enough people are interested. Please reach out to me, and I will add you to the interested list!

**Candlelight Restorative and Yoga Nidra** – Friday March 19<sup>th</sup> 7-9pm \$20

Restorative class is making a return in an adjusted format to ensure it will be COVID safe. Sign-up for the Candlelight Restorative and Yoga Nidra event to say good bye to winter and prepare our minds for spring. Although traditionally I have done hands on adjustments, I will not be able to do those this time and will ensure it is a very relaxing and rejuvenating experience for you. Please head over to the website for more information. You can sign up via Sign Up Genius if you would like to attend in the studio, or you can just join us via zoom if you would like to attend virtually. Cost will be \$20.

**108 Sun Salutations** – Saturday, March 20<sup>th</sup> 4-5:30pm \$15

March 20<sup>th</sup> is the Spring Equinox. Courtney will be running her 108 Sun Salutations to welcome in Spring! 108 Sun Salutations is most often practiced at the start of a new season to help your brain and body refocus and reset for what the universe has coming up for you. It's a way to exhaust your body so your divine energy can connect with its source. You can sign up with Sign Up Genius to join her in the studio, or just join with her on line via Zoom.

**Progressive Motion** – Sunday, April 18<sup>th</sup> and 25<sup>th</sup> 2-3:30pm \$50

Imagine a day without aching joints, a stiff neck, or a sore back. Imagine getting up from a chair or in and out of a car comfortably. Just think about how great it would be to have more energy at the end of a day. If these are appealing to you, then join Betsey's two-day workshop featuring classes that are easy, safe and fun. The workshop will offer a pain free approach to movement with various sequences from simple to complex. Simply improve your quality of movement, slow down, and understand how to reconnect to the whole-body system. Attendance on both days is highly recommended. You will need to sign up in advance at the studio or via email, text, phone call. For the workshop to take place, at least 4 students will need to participate. Class will be held in the studio only.

## Class Schedule

Day	Time	Class	Instructor
Sunday	9:00 AM	Beginner	Courtney
	11:00 AM	Vinyasa Flow	Courtney
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	4:45 PM	Ballet Barre	Betsey <u>*In studio only, special price see info in above email*</u>
Tuesday	9:00 AM	Gentle	Jen
	4:30 PM	Power Yoga	Courtney
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
Thursday	9:00 AM	All Levels	Tammy

	11:00 AM	Chair Yoga	Jen (Tammy 1 <sup>st</sup> Thurs)
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Level 2	Jen
Saturday	9:30 AM	All Levels	Jen

In Class Sign-up: Please remember that if you would like to attend class in the studio you need to sign-up through Sign-Up Genius. The links for each week are here:

- 2/28-3/6/2021    <https://www.signupgenius.com/go/10c054dabac28a1f49-peaceful38>
- 3/7-3/13/2021    <https://www.signupgenius.com/go/10c054dabac28a1f49-peaceful39>
- 3/14-3/20/2021    <https://www.signupgenius.com/go/10c054dabac28a1f49-peaceful40>
- 3/21-3/27/2021    <https://www.signupgenius.com/go/10c054dabac28a1f49-peaceful41>
- 3/28-4/3/2021    <https://www.signupgenius.com/go/10c054dabac28a1f49-peaceful42>

#### 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 Jen

Email: [Jenakob729@gmail.com](mailto:Jenakob729@gmail.com)

Web: [www.peacefullyogawithjen.com](http://www.peacefullyogawithjen.com)

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