



Namaste,

I am sitting in my living room, with no lights on with the windows and doors all closed, the fan on high, and trying to stay cool in this crazy hot weather thinking about what I want to say to you all today. Then it hit me: Perspective. Life is all about perspective.

I met a lovely yoga teacher today at the park. She lives and teaches in Nicaragua. She shared that she was quite comfortable and even a little cool in this heat wave that we are having. Apparently, Nicaragua is extremely hot and humid, and she came to the states to get a break from the heat. She said her classes are all like hot yoga classes, even though that is not the intention, just the weather. But here we were, in the same place, experiencing the same weather, but our opinions or perspectives were totally different. Neither one right nor wrong, just different.

Your perspective creates your worldview. If you are limiting your perspective, you are limiting what you see or think of the world. Yoga encourages you to change your perspective, or at least present you with alternatives to your perspective. Getting on your mat, being focused and present, helps to calm and clear your mind. When your mind is clear, you are much more open to different ways of being and doing things, your perspective will then widen. Perhaps you will then have a better understanding of yourself and welcome the perspectives of others.

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



As a yoga therapist, I am always looking for ways to improve upon my skills so that I can be of better service to whoever I may be working with. I typically do not know what I want to learn, but then I will come across individuals with similar issues, then I realize that that is what I need to learn. Once I realize what I need to learn, the training or workshop very conveniently comes my way. It's funny how my life works sometimes.

A few years ago, my cousin was going through treatment for breast cancer. She was talking to me about the side effects of treatment and how nobody told her about them. As she was listing her side effects (ROM, fatigue, anxiety, lymphedema, to name a few), I realized that yoga could be helpful for every one of them. This made me a little curious, and I was not yet in a place that I could take on what was churning inside my head, so I placed it on a shelf for the time being.

As most of you know, my daughter graduated from high school this past spring and will be heading off to college in the fall. I will have more time come fall to dedicate to my work as a yoga therapist. And wouldn't you know it, I came across a 6-month yoga4cancer training this past January. I am happy to say, I completed said training and I am now certified to teach Oncology Yoga.

What I learned in the training has already come in handy with a few of my existing yoga therapy clients (who do not have cancer) as well as things I have taught in my general classes that you may or may not have realized. I cannot wait to begin to offer it to the cancer community.

Yoga4Cancer classes help cancer patients and survivors:

- Maintain a strong immune system
- Build strength and flexibility
- Reduce cancer related fatigue
- Improve sleep and reduce anxiety
- Manage treatment side effects
- Create self confidence

- Cultivate hope and a sense of well-being
- Support long term health goals
- Foster community
- And achieve the American Cancer Society's weekly guidelines for recovery and prevention

If you know anyone who is on a cancer journey and could use a little support, please send them my way! I will be starting classes dedicated solely to cancer survivors very soon and I am really looking forward to helping this population. I would also love to offer these classes or even yoga therapy sessions to them free of cost, so if anyone knows of any grants or organizations that would be willing to help or maybe even fundraising ideas, I would love to hear about them!

Studio Updates

Subs and cancellations for the upcoming months:

*Thursday, July 4th, Studio closed, **Happy 4th of July.***

Sunday, July 14th, Kayleigh subbing for Courtney's classes

Saturday, July 26th, Kayleigh subbing for Jen's All Levels

Tuesday, July 30th, Courtney subbing for Gentle, Kayleigh for Strength/Balance

Wednesday, July 31st, Courtney subbing Jen's SRM, class will be at the studio.

Thursday, August 1st, Kayleigh subbing for Jen's Chair class

Friday, August 2nd, Tammy subbing for Jen's Yin

Saturday, August 3rd, Kayleigh subbing for Jen's All Levels

Studio Events

More details are on the website.

Yoga at the Park – Every Wednesday @ 9:30am (weather permitting)

Full Moon Sound Bath – Sunday July 21st @7pm \$25

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 purchase a class card or other offering: <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)