



Namaste,

This past month I attended a Yoga Therapy conference down in Virginia. I learned many different things that I plan to share with you all either in classes or if I work with you one-on-one. There was one thing that stuck with me that I thought I would share with you here. There was a big discussion about how spirituality is not always discussed or utilized in our practice because it can be considered a difficult or sensitive topic. It is sensitive because we may not believe the same as our clients which in recent society, we have learned not to discuss our differences because they tend to lead to conflict.

First, I feel the need to define spirituality because many often misunderstand as being religion. They in fact are two different things. Spirituality involves the recognition of a feeling, sense, or belief that there is something greater than me, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. Religion is a set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs. A person who is religious is also spiritual, but a person who is spiritual does not have to be religious.

It is important to know your spiritual beliefs, or to at least, to be working on figuring out what your spiritual beliefs are because in yogic philosophy, the spiritual body is one of the 5 Koshas or 5 different layers of our being. As I mentioned in last month's newsletter, if one of these layers is off, it will affect all the other layers. If you do not have an understanding of what you believe in when it comes to spirituality, you could affect your health or well-being in the other 4 layers: physical, mental/emotional, energetic and intellectual.

It is also important to remember that each person's spirituality is unique to them and no one's belief is wrong. Their life experiences have led them to their belief system. It is true that if not explored on their own, they could just be following what they were taught. It could also be that they have explored their spirituality and it has led them right back to what they may have been taught as a child, or it could lead them in a different direction. But we need to honor their beliefs and not judge because we have not lived their life. And just because we may believe in something different, does not make another's belief system wrong. Their belief may not be the same as ours, but it is their truth.

So, there are a few things I would encourage you to try. First, explore your idea of spirituality. Do you have a firm grasp of what you believe in? Is it what your life experience has taught you, or is it what you were told to believe? This is important to explore, because if it is the latter, then that controversy maybe causing you to undo harm. And please know that although I have some idea of what I believe, it is a continuing journey for me to find my truth. So please do not expect to find out all the answers.

Secondly, nurture your spirituality. Two excellent ways are to be out in nature and meditation. You could also read ancient texts such as the Bible, The Vedas, The Koran, Homer, etc..... As you read, you may find that some sit with you better than others. Explore, be curious and open-minded.

Lastly, begin having conversations with people about more challenging topics such as spirituality. You are not trying to "win" the conversation, the goal is to learn to understand why another believes as they do and to respect their belief even if it is very different from your own. It is about connecting to another human being with honor, respect, and compassion. You never know what you may learn that could be a part of your own spiritual journey and understanding.

Be Well Everyone,

Jen

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

**Class Spotlight**



**Jen's Yin Yoga  
Friday, 8:15 AM**

*"I have greatly benefitted from Yin Yoga. The lumbar belt I had to wear was no longer needed after 3 months of yin yoga. Yoga also taught me how to improvise in life outside the studio on how to accept my weaknesses and my strengths. May I also add that my breathing has also improved. A lot of physical pain that I had was reduce to little or none by practicing Yin Yoga inside and outside your studio." – Greg S.*

*"Whenever I am asked what yin yoga is, I always say, 'it is a class you will either love or hate.' Yin is different than your typical yoga class in that poses are held usually from 3 to 5 minutes. These long holds allow your muscles to release, and you sink deep into the postures. Holding the postures for most people feels really good because they learn not to push too far and relax into the pose. For others, the long holds can become very uncomfortable and sometimes painful.*

*Compared to a regular class, this class is much more meditative in nature. While in the holds, you are trying to stay focused on your breath and sensations in your body. You are doing your best to remain mindful and present in the moment. The quietness and stillness can be very welcomed and rewarding. However, for some people, it poses a very big challenge and therefore they again tend not to like the class.*

*I would recommend trying it because when you love it, you really love it and you feel great! Of course, you may be one that does not like it, which is fine, but at least you know." - Jen*

## Studio Updates

### **Subs and cancellations for the month:**

*Sunday, July 2<sup>nd</sup>, Kayleigh is subbing for all of Courtney's classes*

*Tuesday, July 4<sup>th</sup> Studio is closed. **Happy Independence Day!***

*Wednesday, July 5<sup>th</sup> Courtney is subbing for Jen's Class (held in studio)*

*Tuesday, July 11<sup>th</sup> Courtney is subbing for Jen's Gentle Class*

Wednesday, July 12<sup>th</sup> Courtney is subbing for Jen's Class (held in studio)  
 Thursday, July 13<sup>th</sup> Kayleigh is subbing for Jen's Chair Class  
 Friday, July 14<sup>th</sup> Tammy is subbing for Jen's Yin Class  
 Saturday, July 15<sup>th</sup> Fallon subbing for Jen's All Levels with Restoratives  
 Wednesday, July 19<sup>th</sup> Courtney subbing for Jen's Class (held in studio)

## Studio Events

***More details are on the website.***

***Yoga at the Park*** – Wednesday mornings at 9:30 (weather permitting or if Jen away)

***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      |
| Tuesday   | 9:00 AM  | Gentle                      | 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                  | 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](mailto:Jenakob729@gmail.com)

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

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