



Namaste,

I hope that you are all enjoying this holiday season! A few more days of 2023 and then we are off to a brand-new year! Last month, I suggested you explore your lessons from triumphs to disappointments as well as loves to heartaches. If you had the opportunity to do this, then now is the time to use what you have learned and set goals and intentions to help you to continue to learn, grow, and be the best version of who you are meant to be.

If any of your goals or intentions have to do with being healthier mentally, physically, or emotionally, then we are here to help! Of course, any of our regularly scheduled classes are beneficial and to take it a step further, we have a few workshops to help you too! Courtney and Jen will be running a 4-week Beginner's Yoga Series starting on Wednesday, January 10th. Jen will be teaching at 11:15 a.m. and Courtney will hold class at 6 p.m. This is a great class for people who have never practiced yoga as well as for experienced yogis who may just want to take a little refresher course on the proper form for them in their postures. This will be in studio only, **no Zoom**; we want to be able to see and help people as best as we can.

To help with mental and emotional health, Jen will be offering a 10-week Mindfulness training. This will be held only on Zoom, **no studio**, every Wednesday beginning January 3rd (skipping Feb. 28th). Mindfulness is a form of meditation that has been proven to reduce stress, alleviate anxiety or depression, and sharpens cognitive functioning among many other benefits. Each class will include an educational piece, a variety of guided meditations, and a student workbook to continue what you learned throughout the week until the next class. A few of the topics will include a general overview of mindfulness, mindfulness of the body, mindfulness of the mind, and loving kindness and compassion. Making mindfulness a part of your daily routine really is life altering. If you cannot make all 10 sessions, you are able to join when you can. You just need to let me know in advance so I can send you the Zoom link and class material. Head on over to the website's events page for the full schedule of topics.

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.

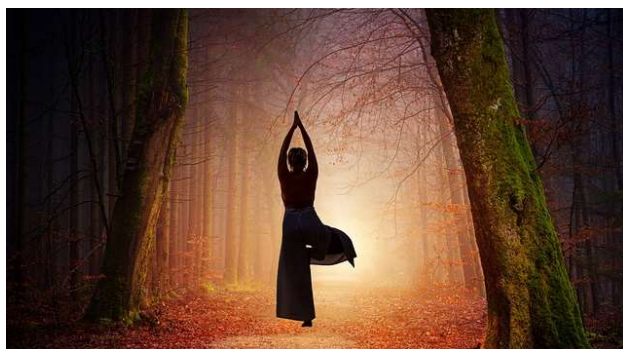
I wish you all a very Happy New Year!

Jen

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

Class Spotlight

NEW CLASS!!! NEW CLASS!!! NEW CLASS!!!



Jen's Yoga for Balance and Strength

My intention for last year was to build strength and find more balance in my life. With what normally happens with goals of mine, I see how beneficial they can be and so I decide to share them with others. This class is how I thought I would help you to find a little balance and strength in your own lives. It begins next Tuesday, January 2nd.

Each class will have a peak balance pose that we will be working towards. This could be anything from mountain pose (standing still on 2 feet) to tree pose (pictured above) and maybe even an arm balance or two. We will stretch the muscles that need to be opened, and we will focus on building strength in the muscles that are being utilized in the poses. We will utilize body weight, light weights, and resistance bands for building strength.

Our core is extremely important when it comes to balance postures. The core is also the center of our power/strength, not just physically, but mentally and emotionally as

well. So, in every session, we will be working the various muscles of the core. This includes all the abdominal muscles, as well as the muscles of the back and hips.

As we mature, balance is one of the first things that we lose. Many of you have talked to me about your concern about poor balance and your fear of falling. That is why this class will be accessible to everyone. If you have only ever taken chair class, that is okay because you can utilize the chair in this class as well. Everything that we do in this class can be adjusted for each person's needs. You can use weights, but you don't have to. You can do standing poses, seated floor poses, or I will show you alternatives in the chair. We will utilize the chair and wall as well as any other props you need to help you to build strength and balance in the way that is right for you.

If you have any questions about this class, feel free to give me a call!

Studio Updates

Subs and cancellations for the month:

Monday, January 1st, Studio closed, [Happy New Year!](#)

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.

Everyday Mindfulness – 10 Weeks beginning Jan. 3rd On-line only

Beginner's Workshop – 4 weeks beginning Jan. 10th.

Reiki Share – Friday, Jan. 12th 6pm

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.peacefulyogawithjen.com

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

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