



Peaceful Yoga

Namaste,

It is another transition time in the world. A new season is on its way and the old season is trying to hold on; it's not quite ready to leave. Isn't that how transitions usually occur though, gradually with fluctuations of the old and the new until the new completely takes over? I personally like the fluctuations because if you are not quite ready to let go, you still have a little comfort in the familiar, helping you to prepare for what is coming next. The key though is knowing when to let go and when to move on. Sometimes, we hold on too long and that can cause a lot of unnecessary pain, discomfort, and/or grief in the different layers of our being.

Most of you know that my husband and I are now empty nesters. Our youngest just began her exciting new adventure at the University of Delaware. I was preparing all summer for her departure. Sad at times, knowing she will be gone and then happy at other times thinking about how excited I am for her. After dropping her off, I surprised myself. Yes, a few tears were shed, but then I realized that it was time for both of us to begin new chapters in our lives. Of course I miss my kids, but, at the same time, I now have a freedom that I haven't had in over 20 years which is exciting! Transitions, though they can be scary, are facts of life. How you approach each change will make a world of difference.

Two opportunities are available at the studio to welcome in the change of seasons. Vyolet and Jen are teaming up again for their Yin Yoga Nidra Sound Bath on Friday the 20th. Then, Courtney will be leading 108 Sun Salutations. I encourage anyone interested to try and know that you can move at your own pace. Also, you don't have to do all 108 in the class. An option could be for you to do some before you come, and maybe some later in the day. Either way, it will be fun and something different to try!

Lastly, speaking of transitions and changes, come October there will be some changes to the schedule. A teacher will be leaving for a time, and a variety of workshops will be coming to fill in the spaces, so stay tuned!

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



One of the things I will explore with my clients is their community. An individual can live within a variety of communities, at least in the way that I am referring to the meaning of the word. My meaning of the word community from Oxford Languages, “a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals.” Your family could be a part of your community, as could an art group that you may belong to.

I will explore one's community or intersecting communities because “a community can provide us with a sense of belonging, support, and identity.” (Psychology Today) We are social beings by nature, even those of us who are introverts. We need other people around us to help us to understand who we are. It is extremely helpful to have a community to help our psychological well-being especially when things become challenging.

For almost two months now I have had the pleasure of working with a wonderful group of individuals from Breast Friends of PA. This is a support group to assist breast and ovarian cancer patients, survivors and their families in dealing with the life changing events cancer brings. It has been beautiful to witness the bonds and support that these individuals provide for each other. I know it is helpful for them to know that they are not alone. *(By the way, we are running a sale on leggings for \$15 or 2 for \$25. All proceeds will go*

towards yoga classes for the support group. There are some in the studio already and more will be coming. Cash only sales please.)

This is the reason that I explore with my client's community. I need to make sure that they do not feel alone in whatever is going on with them. A healthy community, a healthy support system is vital in any healing process.

Now, if you are reading this newsletter, I hope you realize that you are an important part of our yoga community. I love what I do, and one of the biggest reasons is because of all of you who walk through (or zoom in) our Peaceful Yoga doors. So, thank you!

And on that note, one of the members of our community will be leaving us for a little while to bring an adorable new community member into our world. We would like to wish Courtney well and send her off on her new parenting adventure with a community gathering. We will be holding a Potluck Luncheon on Sunday, September 22nd at 12:15. If you would like to join us, please sign up in the studio or via text or messenger and let us know what yummy item you will be sharing. Gifts are not necessary, but if you want to join in on our gift to her you are welcome to! I hope you can make it!

Studio Updates

Subs and cancellations for the upcoming months:

Saturday, August 31st, Kayleigh subbing for Jen's All Levels

Monday, September 2nd, Courtney's Candlelit is cancelled for the holiday.

Saturday, September 28th, Kayleigh subbing for Jen's All Levels

Come October Kayleigh will be taking over Courtney's classes for a time

Studio Events

More details are on the website.

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

Yoga4Cancer – Every Thursday @ 1pm \$5

Legging Sale for the month of September to benefit Yoga4Cancer students.

Yin Yoga Nidra Sound Bath – Friday, September 20th @ 6:30pm \$30

108 Sun Salutations – Sunday, September 22nd @ 10:30 in lieu of vinyasa flow

Potluck/Luncheon for Courtney – Sunday, September 22nd at 12:15pm

Everyday Mindfulness – Wednesdays beginning Oct. 2 at 11am

Private Individual or Group Yoga Sessions, Energy 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)