



Namaste,

Spring will officially roll in on March 20th, the Vernal Equinox. This is the time when day and night are the same, and the yin and yang are balanced. In our bodies and minds, this is a time for both forward momentum and rooting down. Think of the beautiful flowers that will be blooming soon. First, they must establish their roots and then, and only then, will they blossom in all their glory.

The beginning of spring can spark a desire for renewal and new beginnings. Spring is a lovely time to nurture visions and dreams. What are you ready to create? What goals would you like to begin to strive for? How are you starting fresh by letting go of the things that are holding you back? (Spring cleaning anyone?) Think of your desires and make the time to find your footing, ground yourself, and then reach your goals.

Do you need help getting started? Well, we will be offering two separate ways to welcome in spring. Courtney will be offering her 108 Sun Salutations. This moving meditation practice facilitates a deep dive into the powerful, unwavering connection between mind, body, and spirit. Jen and Vyolet will be offering a Yin Yoga Nidra Sound Bath to welcome in spring physically, mentally, and energetically through movement, meditation, and sound healing. I hope you can join us for at least one if not both practices.

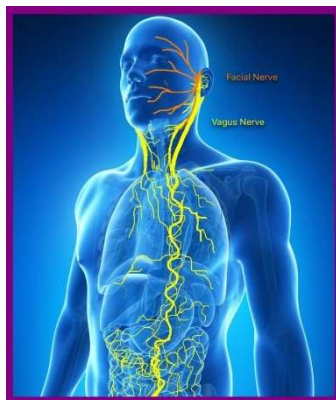
Lastly, when the weather looks iffy, remember to check Facebook or Instagram for any studio changes. When the roads are too bad, we do not want anyone driving to the studio; therefore, the studio will be closed, and classes will still be held on Zoom. Notification for morning classes will be posted on Facebook, and Instagram before 8 a.m. if the studio is closing. For evening classes, it will be posted before 3 p.m.

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



If you were to see me for yoga therapy, we would set goals for your treatment. Goals would be whatever it is that you want to work on since it is all about what you want and need. I do, however, always have one goal for everyone who works with me, and it is to help balance the nervous system by learning how to tolerate stress.

Stress is an everyday fact that we must deal with. It comes in all shapes and sizes and affects everyone, young and old, rich, and poor. When the body tolerates stress, it uses it to overcome lethargy or enhances performance, the stress is positive, healthy, and challenging and helps us to maintain optimal health. When stress is negative, it exceeds our ability to cope, fatigues body systems and causes behavioral or physical problems. Unfortunately, many of us do not know how to manage our stressors in a healthy manner, and we are setting ourselves on a course of chronic stress which can lead towards dis-ease. According to the Center of Disease Control, 90% of all illnesses are related to stress.

The Autonomic Nervous System (ANS) is the part of the nervous system that regulates involuntary physiologic processes including heart rate, blood pressure, respiration, digestion, and sexual arousal. It is made up of two parts: Sympathetic Nervous System (SNS) and Parasympathetic Nervous System (PNS). The SNS is active when we engage in outward behavior, it channels our energy, it is essential for us to think and move quickly and is the Fight or Flight response that can keep us safe. The PNS is active when we relax and restore our "Rest and Digest," where we recover our energy and is essential for tissue repair and memory consolidation. The PNS is where healing takes place. A balance of these two systems keeps the body in homeostasis. Stress, when it becomes negative, keeps us in our SNS and throws our body out of balance.

My goal for you in yoga therapy is to help you learn how to activate the PNS to help bring the body back into homeostasis. The various aspects of yoga, breathwork, movement, meditation, help to regulate the ANS and help to reduce the negative effects of stress. The vagus nerve is the main nerve of the PNS. It exerts control over the heart, lungs, and digestive tract. Learning to activate, and regulate the vagus nerve, you can take back control of your health.

If you want information on how to work with your vagus nerve, you can join Tammy and I on March 27 for our workshop: Nourishing the Vagus Nerve to Reduce Inflammation and Stress.

Studio Updates

Subs and cancellations for the month:

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
Sunday, March 31st, Studio closed Happy Easter!

Studio Events

More details are on the website.

108 Sun Salutations – Sunday, February March 17th @ 11am (in lieu of vinyasa flow)

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

Reiki Share – Sunday March 24th @ 1pm Donation (reiki practitioners only)

Nourishing the Vagus Nerve – Wednesday, March 27th @ 6pm \$20

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)