



Peaceful Yoga

Namaste,

As I write this, outside with the sun shining down on me, the sky is blue with barely a cloud in it, but it is only 35 degrees. Later this afternoon, it will be going up to 60 degrees. Yesterday, it was an even more drastic change with a high of 70 degrees. One just never knows what to wear. Point is, you must wear layers. The spring season is one in which we need to adapt and adjust; we need to be flexible.

Just as we need to adjust to the temperature changes throughout the day, we need to be able to adapt and adjust when we explore and try new things. Some things may feel right just as they are. Some things may feel right, but you may need to change it up a bit. And some things you try may be completely wrong for you and you don't do them again at all, and that is okay, at least you tried!

In the studio, this past month, I tried new things. Some I will continue, others I need to tweak, and I think there may be things I will never do again. Vyolet and I enjoyed the combination of the Sound Bath and Reiki session that we did for the Healing Hands Fundraiser so much that we decided to offer as private sessions. Our Private Reiki Infused Sound Bath is scheduled for June 7th. We will only hold 3 sessions, so if you are interested, reach out to me soon to reserve your spot. And if well received, we will offer it again.

Team Peaceful Yoga completed the UltraTrax. The rain, mud, and cold did not stop us! We will be doing another one in September if anyone wants to join. For me personally, this is the one I am going to tweak. I will either be going for time in the 7 miles, or I will see if I can do 14 miles. At this point, I have yet to decide my challenge, but the type of challenge will be my tweak. Thinking of my UltraTrax options, what way can you challenge yourself this season? If you would like to join us, we will continue to hold monthly hikes over the next few months. Our next one is May 24th at Child's Park. I hope you can join us!

Speaking of a challenge, I have another option for you! The 108 Sun Salutation Challenge is back! Doing 108 Sun Salutations at the beginning of a season, in this case on the summer solstice, is customary practice in the yoga world. Courtney has run these many times at the studio, but some people did not feel they could physically do it. So, last year I created a 4-week challenge that involves building up the strength and stamina to do the 108 sun salutations. At the end of the 4 weeks, on June 21st, Lindsay will lead you through the 108. You can join her whether you do the whole challenge or not. And you have 3 options, a harder/longer 4-week program, and easier/shorter program or just the 108 themselves. Whatever you decide, have fun doing it. This challenge is the one that I am not going to do, I won't say ever again, because I enjoy it, but it is just not for me this year.

I hope you continue to enjoy the spring watching everything come to life: the animal babies, the blooming flowers, the tree buds turning into leaves. Keep getting out and having adventures of your own AND maybe take a yoga class or two!

Be Well,

Jen

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

Yoga at the Park



Jen is heading back to her roots. She first began teaching at Chestnuthill Park in November of 2014. Since then, she has been back every Wednesday in the warmer seasons. Well, she will be back once again beginning May 6th and will remain there until the end of October, or until it

gets to be too cold to be out there. The Wednesday 9 am class, Stretch, Relax, and Meditate will be held at the park on the stage in the field behind the park building.

Please always check the website, or Facebook in the morning just in case class must move back to the studio due to cool temperatures or poor weather conditions. There will only be a post if we must be in the studio. Otherwise, assume class will be held at the park.

Please bring your own mat, limited quantities will be available. Dress in layers because we will be out there if it is above 60 degrees. I know that means gloves for some of you, lol. Cost is the same as a regular class card.

If you have never been to the park, I highly recommend taking a class there. It is so beautiful being out with nature to practice.

Studio Updates

Subs and cancellations for the upcoming months:

Saturday, May 2nd. Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*

Saturday, May 9th. Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*

Sunday, May 17th, *Lindsay's 10:30 class is cancelled.*

Monday, May 25th, *the Studio is closed for Memorial Day*

Saturday, May 30th, Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*

Saturday, June 27th, Courtney covering for Jen's All Levels, *Pilates and Y4C cancelled.*

Tuesday, June 30th, Tammy covering for Jen's Gentle, *Yoga Du Jour is cancelled.*

Studio Events

More details are on the website.

Yoga4Cancer – Every Wednesday at 6pm, Thursday at 1pm & Saturdays at 11:15
Y4C classes are all FREE

Tai Chi for Cancer – Every Sunday at 12 class is FREE.

Off the Mat Chapter Chat – May 1st @ 11:45am discussing Chapters 8 & 9

Full Moon Sound Bath – May 1st @ 7pm \$25

Reiki Share – May 3rd @ 2pm

Yoga at the Park – Begins May 6th (weather permitting)

Studio Hike @ Child's Park – May 24th @ 9am

Fix That Roof Fundraiser – All month

Private Reiki Infused Sound Bath – Sunday, June 7th @ 2pm and on \$100

108 Sun Salutation Challenge – June 21st @ 9am \$20

Private Individual or Group Yoga Sessions, Energy sessions as well as Yoga Therapy sessions are always available.

Other events held elsewhere:

Candlelight Yoga Nidra – Friday, May 15th @ 6:30pm held at The Castle Inn in Delaware Water Gap

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
	12:00 PM	Tai Chi for Cancer (Cancer patients and survivors)	Victor
Monday	9:30 AM	Tai Chi	Tammy
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Yoga du Jour	Jen
	5:00 PM	Deep Stretch	Courtney
Wednesday	9:00 AM	Stretch, Relax and Meditate	Jen
	10:45 AM	Pilates	Jen
	6:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:00 PM	Yoga with Weights	Courtney
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates + More	Tammy
Saturday	8:00 AM	Intro to Pilates	Jen
	9:30 AM	All Levels w/restoratives	Jen
	11:15 AM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	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)