



Peaceful Yoga

Namaste,

My daughter was recently diagnosed with a chronic disorder caused by an allergy to some type of food. We were given 4 options to help her. Three involved taking either a daily medication or a weekly medication for the rest of her life. The 4th option was to try and figure out what she is allergic to. Although she would feel better right away if she took the medication, we decided to take the 4th option. Luckily, she is a tough kid and is willing to deal with the discomfort for a few months and willing to give up some of her favorite foods for a while. Hopefully we will find the cause sooner than later, but we would much rather know what is causing the problem and no longer consume it, than for her to be reliant on medication forever. *(Side note: I know medication is necessary at times, so this is in no way me telling you not to take your own medication. That of course is up to you and your health care team.)*

You are probably wondering why I am telling you all of this. Well, I think, more often than not, people want the easy fix when they have a problem, be it a physical, psychological, emotional, relationship issue, or any other type of problem. We want it fixed because it is uncomfortable, painful, inconvenient, etc. and typically, what is being “fixed” quickly is just a symptom caused by a deeper issue or problem. Just because the symptom is fixed, the deeper issue is still there and will more than likely manifest at some point in a different way.

If we want to heal, to learn, to grow, to be the best version of who we can be then we need to confront the real issues, even though they may mean a lot of work on our part. This work does not need to be done alone; Family, friends, coworkers, or professionals are there to help, we just need to be brave enough to ask for it. In the end, the work you put in will pay off, and you will be better for it. It is best to work on the root of the problem, even if that is the harder option.



Speaking of “root”, I will be focusing on the Chakras for the next 7 weeks in my classes beginning with the Muladhara or Root Chakra. The Chakras are spinning wheels or disks of energy that cannot be seen by the human eye, and can be seen, felt, and sensed with intuition. This invisible healing energy, called, “prana,” is a vital life force, which keeps us vibrant, healthy, and alive. There are 7 main Chakras that we will explore each week in class, most often in the Wednesday, Stretch Relax and Meditate class. If a Chakra is imbalanced, it could cause problems, physically, mentally, emotionally or spiritually. It may be the cause of an issue that you may be having. So, let’s explore them together to start to confront and work on any problems that you may have and not just the symptoms. I hope you can join me!

Be well everyone,

Jen

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

Class Spotlight



**Courtney’s Yoga with Weights
Thursday 5:30pm**

"This class has become one of my favorites! We break down the class in a couple of ways... First, we take a yoga warm up with a few regular stretches, and then we gradually start to add the weights, light weights. In this class we take normal yoga poses that we know and love, add the weights and do a combination of repetitions to hold us in the pose for longer, but at the same time work new muscle groups. We do a section of arms, upper body, lower body and at the end core.

This class is meant to have fun in, and challenge yourself while working at your own pace. So, if you miss a rep or need to get out of a pose early, there is no shame! Even I get sore and I'm right there with you the whole way. This class does not have a 'flow' like a regular class, it is very stop and go, and we take breaks as needed.

This class is great for gaining range of motion. A greater range of motion means increased flexibility and greater muscle strength. Lighter weights will also allow the targeted muscle to handle the load without needing help from compensatory muscles, ensuring you get the most out of your workout for that particular muscle group.

If you are looking to add a little extra strength to your workouts and to add more of a strong foundation to your yoga practice, this is the class for you!" – Courtney

Kristen G. has been with Courtney since she started offering this class. Here is what she has to say: *"Don't be afraid, yoga with weights is not as intimidating as it sounds! Yoga with weights combines traditional yoga poses with hand weights which adds intensity to the poses we do on a regular basis. Courtney is an amazing instructor and guides you through a fun yet challenging class that will leave you feeling accomplished and strengthened!"*

Studio Updates

Inclement Weather:

Winter weather is here, well occasionally anyway, lol! In the event of inclement weather, the studio will close; however, class will still be on zoom. We typically follow Pleasant Valley School Districts closings with some exceptions. If I close the studio, I will post on the website and Facebook by 8 a.m. Alternatively, you can email or text me to confirm whether the studio is open or closed.

Subs and cancellations for the month:

Tuesday March 28th Jen is subbing for Courtney's Deep Stretch Class

Studio Events

Pre-registration is required for all the below events.

More details can be found on the website.

Yoga for Amputees – The 4th Saturday of every month at 11:15am

108 Sun Salutations – Sunday, March 19th at 11am for \$20

Reiki Level 1 Training/Attunements - Saturday & Sunday, March 25th & 26th for \$175

Ballet Barre Fit – Mondays beginning April 10th at 5:15pm. 8-weeks for \$120 or \$18/class

Moon Planning: A Practice of Energetic Attunement – Sunday, April 16th at 1pm for \$40

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

Web: www.peacefulyogawithjen.com

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

