



Peaceful Yoga

Namaste,

Finally, the snow has arrived! I am not the biggest fan of winter, but if it is going to be cold, at least it can be beautiful. And there is nothing more beautiful in the winter than the snow covering the trees and glistening in the sunlight. I hope you can appreciate the beauty as well, especially, safe at home, comfy, and warm!

Technically, winter does not begin until December 21st, but with the snow and cold, it feels like we are already there. And certainly, this month with all the holiday festivities makes me think of winter, as well. Winter is a time when the natural world slows down but, with the craziness that holidays bring, things seem to speed up for us instead. During this time, we are fighting against mother nature and the things that are naturally good for us. I'm not saying that we shouldn't partake in holiday celebrations; rather, we really need to make sure we balance out the craziness with calming and nurturing activities that help us to unwind and turn inward which helps us to conserve our energy. If we don't, we can end up doing too much, wasting too much energy, and putting our body out of balance and harmony which in turn makes us more vulnerable to illness or injury. The best ways to help you maintain a healthy balance throughout the holiday season are to eat foods that are nourishing and warming, get out in the sunlight and fresh air, keep our bodies warm, continually invite gentle, grounding movements into your body (yin yoga ideal for this), and, don't forget, diaphragmatic breathing.

Just a friendly reminder that Off the Mat Chapter Chat will begin again on Jan 9th. We were a small group, but it was always a lively discussion. We plan on continuing this in the new year with the book ***The Untethered Soul*** and its companion ***The Untethered Soul Guided Journal***, both by Michael A. Singer. There is more information on the events page of the website if you would like to join us!

If there is inclement weather, the studio will close, and classes will be on zoom. Please check the website for updates.

I hope you enjoy the remainder of the holiday season. I wish you all a very Happy and Healthy New Year!

Be Well,

Jen

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

New Section

What would you like to know about yoga poses, yoga philosophy, yoga therapy, anything in regards to yoga? I was looking for a new idea for the newsletter for the new year. Maybe a question and answer section? What would you like to know? Or, do you have any other idea for this section? I'm all ears!

Studio Updates

Subs and cancellations for the upcoming months:

Saturday, Dec. 6th, Pilates & Yoga4Cancer is cancelled. Courtney covering All Levels

Sunday, Dec. 7th, Courtney subbing for Lindsay's All Levels

Wednesday, Dec. 24th, Yoga4Cancer is cancelled.

Thursday, Dec. 25th, Studio is closed, **Merry Christmas!**

Wednesday, Dec. 31st, Yoga4Cancer is cancelled.

Thursday, Jan. 1st, Studio is closed **Happy New Year!**

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

New Moon/Winter Solstice Sound Bath - Friday Dec. 19th @ 6:30pm \$25

Off the Mat Chapter Chat – January 9th @ 11:45am

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

Other events held elsewhere:

Candlelight Yoga Nidra – Thursday, December 18th @ 6:30 held at The Castle Inn in Delaware Water Gap

Class Schedule

Day	Time	Class	Instructor
Sunday	10:30 AM	All Levels Flow	Lindsay
Monday	9:30 AM	Tai Chi Yoga Fusion	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.peacefulyogawithjen.com

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

Instagram: [Peacefulyogawithjen](#)