



Namaste,

November is the month associated with gratitude. I am very thankful for our little yoga community, not just this month, but every day of the year! Thank you all for making the work I do so enjoyable and fulfilling!

Last month, I asked for feedback and suggestions on different things that you would want to see in the studio in the future. You didn't disappoint me; I am grateful to those of you who answered my call! If I don't use your idea, you should know that some of our new/future offerings all stemmed from ideas that I was given. For example, Lois came up with the idea, Tea Talk. That got me thinking and it evolved into **Off the Mat Chapter Chat**, which you can read a little more about in the Yoga Therapy Corner. Thank you, Lois!

For those of you who want to help balance your energy in a different way, I am teaming up with Gina from Pure Intentions at the end of the month. We are coming together for our **Chakra Healing through Moving and Creating**. I will be leading you through a movement practice focused on the Chakras as well as a guided Chakra meditation. You will then you can get a consultation on your spiritual needs as you pick and choose the Gemstones from our "Bead Bar." The program will conclude with making a personalized bracelet to take home.

A big thank you to Guy and Pam who came up with the idea for the new class starting in November, **Yoga du Jour**. On Tuesdays at 10:30 a.m., I will offer a different class each week. The first week of the month will be *Strength and Balance*, 2nd week is *Relax, Release and Roll*, 3rd week will be *Pilates*, the 4th week will be *Restorative*, and if there happens to be a 5th Tuesday in the month it will be *Leftovers*, a combination of all the above classes. If you have any other ideas or things that you would like to see, please do not hesitate to let us know!

I am still looking for volunteers to share their yoga stories for the newsletters in 2025. Please let me know if you are interested in contributing!

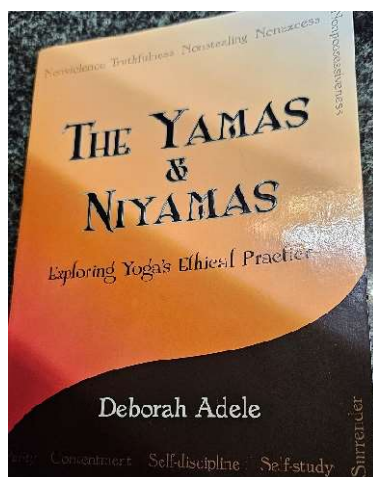
I hope you have a lovely November. Take time to look at all the things in your life that you can be grateful for, from the big things to the smallest of things. A consistent, gratitude practice can work wonders! If you need any help getting started, feel free to reach out.

Happy Thanksgiving,

Jen

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

Yoga Therapist's Corner



There have been times when I have been working with clients, and they are not sure which direction their life should go. When this happens, I will introduce them to the Yamas and Niyamas. These are yoga's ten guidelines, tenets, ethical disciplines, precepts, restraints, and observances. They give direction to a well-lived and joyful life.

The Yamas and Niyamas are the first two limbs of the 8-fold path of Pantanjali's Yoga Sutras: yoga's ancient, basic text. The Yamas, a Sanskrit word when translated means "restraints," includes non-violence, truthfulness, non-stealing, non-excess, and non-possessiveness. The Niyamas, translated means "observances," includes purity, contentment, self-discipline, self-study, and surrender. The Yamas show us how to interact in the world, a social focus if you will while the Niyamas focus on ourselves, an internal focus.

“The *Yamas & Niyamas* are the foundation for studying our own perception and for boosting our anticipatory confidence as we deal with the challenges and joys of our collective and singular humanity.” – Deborah Adele

Every year, I try to set a goal of some way to better myself. For this coming year, I decided I will take a deep dive into the Yamas and Niyamas. I came across the book, pictured above, and am using that as my guide. At the end of every chapter, there are 4 weeks’ worth of “activities” to do. I tend to not always finish what I started if there is no accountability, so to help me with my goal, I decided that this is something other people might be interested in as well. Hence the idea I mentioned above, *Off the Mat, Chapter Chat*. The thought is to meet once a month to discuss a chapter and how we did with the chapter’s activities. And if this sparks other conversations than so, be it! This will be a free gathering and tea and/or food could be included. I am not sure of all the details yet, and if you are interested in learning some yoga philosophy and a little bit about yourself in the process, please let me know and we can figure out the best dates and times for all who want to participate.

Studio Updates

Subs and cancellations for the upcoming months:

Saturday, Nov. 2nd, Kayleigh subbing for Jen’s All Levels w/ Restoratives

Sunday, Nov. 17th, Jen will be subbing for Kayleigh’s Slow Flow

*Thursday, Nov. 28th the studio will be closed. **Happy Thanksgiving!***

Friday, Nov. 29th, Jen will be subbing for Tammy’s Pilates

Studio Events

More details are on the website.

Yoga du Jour – Beginning Tuesday November 5th @ 10:30am

Yoga4Cancer – Every Thursday @ 1pm \$5

Samhain Sound Bath – Friday, Nov. 1st 7pm \$25

Okuden Reiki Level II Training – Sat & Sun Nov. 9th & 10th

Reiki Share – Nov. 17th @ 1pm

Chakra Healing through Moving and Creating – Nov. 24th @ 1pm \$35

First Aid/CPR Certification – Jan. 3rd @ 11:45am on-line work needs to be done prior

Yoga for Beginners – 4-Sundays starting January 5th @ 10:30am and

4-Wednesdays starting January 8th @ 11:15am

Everyday Mindfulness – New 10-week session beginning Saturday Jan. 11th 11:15am

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	Kayleigh
Monday	9:30 AM	Tai Chi Yoga Fusion	Tammy
	6:00 PM	Candlelit Evening Release	Kayleigh
Tuesday	9:00 AM	Gentle	Jen
	10:30 AM	Yoga du Jour	Jen
	5:30 PM	Deep Stretch	Kayleigh
Wednesday	9:30 AM	Stretch, Relax and Meditate	Jen
Thursday	9:00 AM	All Levels	Tammy
	11:00 AM	Chair	Jen
	1:00 PM	Yoga4Cancer (Cancer patients, survivors, and caregivers)	Jen
	5:30 PM	Yoga with Weights	Kayleigh
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)