



Namaste,

I hope you have been enjoying the holiday season!

Are you a New Year's Resolution kind of person? I am and I am not. I like starting new things at the beginning of a month/week or days that end at 0 or 5 (Lol, yes, I am a little weird). Anyway, a new year is a wonderful time for me to start something new like the Off the Mat Chapter Chat which will be the studio's new book club. I look forward to exploring the Yamas and Niyamas (yoga philosophy) and hope you will join me for interesting conversations.

In addition to the book club, the studio will be offering other fantastic workshops. First, we will be offering two opportunities to attend a Beginner Yoga workshop for friends, family, or yourself to experience yoga for the first time, or just as refresher. Next, for those that want to strengthen their meditation practice, I am offering the 10-day Everyday Mindfulness workshop on Saturdays beginning in January.

Lastly, for something completely new, I would like to welcome Ella Muir who will be offering a Heart Harmony – Rebirthing Breathwork Workshop on January 25<sup>th</sup>. She will lead you through a gentle journey of meeting yourself. Here, the breath will allow you to discover and free parts of yourself hidden in the deepest pockets of your psyche, leading you to a happier and more embodied self. If you would like to understand what Rebirthing Breathwork is a little more, then head over to her website here: <https://www.heart-harmony-rebirthing-breathwork.com/>

As a friendly reminder, now that winter has arrived, please check the website, Instagram, or Facebook, if the weather is questionable. If we cancel classes at the studio, they will still be held on Zoom. We will post notifications at least one hour before the start of classes.

Happy New Year,

Jen

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

## Your Yoga Stories



I am always interested in hearing when and why people started to practice yoga. And then, how it has impacted their life. For this new year, we have this new section of the newsletter that is all about your yoga journeys. I hope you are willing to share your stories. All you need to do is send me an email.

Our first story is from Greg S.:

*It was the month of January in the winter of 2018, I walked into Jen's studio, I had back surgery done the year before in March of 2017 and was still wearing a post-surgery lumbar back brace. I had thought that I was going to wear this black brace for the rest of my life, so I better get used to it. However, Jen was so accepting of me, and it didn't seem to matter. So, I became a student of yoga and tried a few different yoga classes and the one that really worked for me was Yin Yoga. Every Friday I would come early to the class and would talk with Jen and so I could also get a spot in the corner.*

*As time went on it became a little concerning for Jen and me that I came to class wearing the lumbar back brace. I would come to class and hang up my coat and lumbar back-brace. Then it happened, after about 12 sessions I came to the studio not wearing the lumbar. Actually, I inadvertently forgot to put it on or felt comfortable not wearing it; it was not a need for that day. From that day forward I did not need to wear it on a daily basis. The Yin yoga sessions had accelerated my healing that 4 months of Physical Therapy could not do. The Yin sessions also helped me to improvise and help with what asana I could not do. This matter of thought also helped me outside of the studio too. 'Work smarter not harder.'*

*The plus benefits of Yin for me were, I was able to extend my driving time from a half hour to 2 and a half hours and my breathing became better. The last stress test I had before I came to the studio, the tech though I had COPD. Now I can breathe in and exhale healthier and move the kitchen curtains from a distance of 6 feet with my breath. The Yin Yoga did improve my lifestyle, it was not magic. Jen did not put a wand over my head and said you are healed, and she did not*

*guarantee 100 percent health, but my practicing yin at home does help me minimize the physical ailments that may come and go.*

Thank you, Greg, for your wonderful contribution to the newsletter this month! So, who's next?

## Studio Updates

**Subs and cancellations for the upcoming months:**

*Wednesday, Jan. 1<sup>st</sup>, Studio is closed. [Happy New Year!](#)*

## Studio Events

*More details are on the website.*

***New Schedule to begin in January – see schedule below changes in green.***

***Yoga4Cancer*** – Every Thursday @ 1pm \$5

***Intro to Pilates*** – new class, 2-day options, begins Jan 4<sup>th</sup>.

***Everyday Mindfulness*** – New 10-week session beginning Sat. Jan 4<sup>th</sup> 11:15am \$175.

***Yoga for Beginners*** – 4-Sundays starting January 5<sup>th</sup> @ 10:30am and  
4-Tuesdays starting January 7<sup>th</sup> @ 1pm \$50

***Off the Mat Chapter Chat*** – Begins Jan. 10<sup>th</sup>@ 11:45 FREE.

***Reiki Level I Training*** – Sat & Sun Jan 18<sup>th</sup> & 19<sup>th</sup> \$175.

***Heart Harmony Rebirthing Breathwork*** – Sat. Jan. 25<sup>th</sup> 3-5 \$35

***Okuden Reiki Level II Training*** – Sat & Sun Feb.8<sup>th</sup> & 9<sup>th</sup> \$275

***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
	5:00 PM	Deep Stretch	Kayleigh

Wednesday	9:00 AM	Stretch, Relax and Meditate	Jen
	10:45 AM	Intro to Pilates	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	Kayleigh
Friday	8:15 AM	Yin Yoga	Jen
	10:00 AM	Pilates	Tammy
Saturday	8:00 AM	Intro to Pilates	Jen
	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](mailto:Jenakob729@gmail.com)

Web: [www.peacefullyogawithjen.com](http://www.peacefullyogawithjen.com)

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

Instagram: [Peacefullyogawithjen](https://www.instagram.com/Peacefullyogawithjen)