



“I have lived with several Zen masters --
all of them cats.” — Eckhart Tolle



Auspicious Birthday Week

Welcome to the week of February 15, amazing souls! My sincerest hope and wishes for your continued health and strength now more than ever. I feel like I'm running a never ending marathon. How about you? Every day is a new turn, discovery, and growth.

On Tuesday, I turn 54, which is an auspicious number, indeed. In math, the Holt graph has 54 edges and the sine of an angle of 54 degrees is half the golden ratio. In science, the atomic number for xenon is 54. A score of 54 in golf is referred to as a perfect round, which has never been

BIG news: Website Launch!

It's about time, right? After several months of hard work, I'm excited to launch my website: janinebfit.com. Shout out to my dear friend Mark Frankel who designed and helped me build it. Check it out! You can also click on my logo -- beautifully created by my friend Sabrina Kappler -- at the top and bottom of this newsletter. Share it with your peeps and let's grow this little kula (community).

achieved in competition, apparently. Then there's the infamous Studio 54 disco in New York City that was located on, yes, W. 54th Street. Want more about the number 54? Go [here](https://en.wikipedia.org/wiki/54_(number)): [https://en.wikipedia.org/wiki/54_\(number\)](https://en.wikipedia.org/wiki/54_(number))

It's also a division of 108, which is sacred in the yoga world, Hinduism and Buddhism. For my birthday, I will celebrate by completing 108 sun salutations (9 rounds of 12 sun salutes). Care to join me? Click the button below for the Zoom link. I'll start at 7:30 a.m. on Tuesday and finish up in time for my 9:00 class via Mindbody. I look forward to starting my 54th spin around the sun with you!

Birthday 108



For my birthday, I will also be honoring my big brothers. They always made me feel special as a little girl -- Tom still does in his trademark hilarious big-hearted way and Steve's loving wisdom and incredible wit lives on in my heart. This photo is one of my absolute favorites. It hung in the hallway of my childhood home for many years. Whenever I think of the three of us, this is the image that immediately comes to mind. We all came from different trees, but we were raised in the same orchard.

They both informed my upbringing and appreciation of music, movies, humor, and embracing life's challenges with grace and courage. Our parents certainly had a hand in all of that too, but there's something incredibly unique and wonderful about siblings. I give much credit to the person I am today thanks to them. Two rounds of sun salutes will be dedicated to each of them on Tuesday.

What's coming next?

In addition to the 30 minute videos I'm creating, I will be adding some short tutorials such as foam rolling, simple stretches to do during the work day, and quick hip and shoulder releases. What's on your wish list? Let me know.

Let's connect, share, and rock the world together.

Please check this week's schedule as there is one change: the evening Pilates Strength

class is on Monday this week. Regular schedule resumes next week. Thanks for your understanding!

With regards to class payments, please know that my commitment to health and wellness for all remains as steady as ever. These are difficult times, so please do not let money stand between you and your practice or workout. I got you. No reason needs to be given. Simply drop me a line so I can link you to class. I'd rather see you than not.

Stay strong. Remain awesome. YOU are

Love your body -
Janine

JANINE · B · FIT
YOGA · MAT PILATES · TRAINING

Let's Move!

