

# JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



*"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."  
- Desmond Tutu*

## *Will this week be full of Tricks or Treats . . ?*

LET'S SOAR INTO THE WEEK OF OCTOBER 26

If you answered "both", then you know me pretty well. Life often throws us both and yoga helps us sort through it all -- kinda like Halloween candy! So, you can choose where the Butterfingers go and where the Bit O'Honeys go with clarity and ease.

As we head into the Holiday Season, that might become more tricky because this year has been full of disruption, discomfort, and a whole lot of disorientation. I super honor each of you who have said "yes" to remaining committed to your health and wellness. Not one bit of it is easy. If it were, it would be Milk Duds all day, every day.

So, keep up the good work! And, if you haven't been able to, now's a great time to check out my intro special --->

Guess what else I have up my non-existent sleeves? GIFT CERTIFICATES! What better gift can you give than pandemic-proof yoga/mat Pilates/training?

While Mindbody is your one-stop link to scheduling and paying for classes, remember that you can also pay via Venmo or PayPal. Upon notice of a payment through one of those methods, I will add your selection into your Mindbody account.

### *FIRST-TIME STUDENT INTRO SPECIAL:*

IF YOU HAVEN'T HAD THE CHANCE TO JUMP INTO MY VIRTUAL STUDIO YET, THIS IS THE OFFER FOR YOU! 30-DAYS, UNLIMITED FOR JUST \$40. EXPLORE EACH OF MY CLASSES AS MANY TIMES AS YOU LIKE DURING YOUR INTRO PERIOD. IF YOU SIGN UP FOR ONE OF MY PACKAGES AT THE END OF YOUR INTRO PERIOD, I WILL EXTEND A 10% DISCOUNT ON YOUR PURCHASE.

LOGIN TO  
[HTTPS://CLIENTS.MINDBODYONLINE.COM/CLASSIC/WS?STUDIOID=999683&STYPE=-2&SUBTAB=INFO](https://clients.mindbodyonline.com/classic/ws?studioid=999683&stype=-2&subtab=info)

YES, YOU NEED TO SET UP AN ACCOUNT (WHICH IS FREE). IF YOU ALREADY HAVE A MINDBODY ACCOUNT, GREAT! JUST SEARCH FOR JANINE B FIT.

And, if money is keeping you from practicing, please let me know. I'm committed to providing health and wellness to all. Contact me directly and we'll work it out. I got you!

And now for a few shoutouts (aka "saving the best for last"). It takes a village to accomplish most things, right? As I've been moving through these last couple of months reorganizing and rebranding my business, a few amazing human beings, who I'm lucky to call my friends, have helped in huge ways (though they'd probably all say it was a small thing). My dear friend Sabrina Kappler, graphic designer and fellow yoga teacher, designed my logo, which captures every element I wanted so elegantly. It was my fierce friend Kathryn Mueller, photographer and yogini, who suggested and then presented me with a template for a newsletter that would be WAY easier to read and, well, look professional too. Still in process is my website being designed by my creative genius friend Mark Frankel of Arroyo Design as well as social media marketing that will be managed by my brilliant niece Keri Campbell. I'm hoping to roll those two pieces out within a few weeks. And, to my Beloved Jim, for his seemingly endless patience, IT assistance, and everyday encouragement to keep going and keep growing.

With all these little bits coming together, it is my hope that we overwhelm the world!

Need anything? Email me!

Rage on. Calmly.

Janine



NamaseATS!

And now for a TREAT! It's no secret that I love food and especially love to cook. Fortunately, I'm surrounded by others who share that love. My friend Debra is an amazing chef and she recently shared this recipe from the Ottolenghi Jerusalem Cookbook. I made it on Sunday night and it was so amazing that I decided to share it with you. If the photo (taken by Jim) makes your belly growl, you can find the recipe here: <https://ottolenghi.co.uk/recipes/roasted-chicken-with-clementines-arak>

## THIS WEEK'S CLASSES:

### Tuesday:

**8:00 a.m.** 30-minute Get Up and Flow Yoga - *NEW CLASS!*

**9:00 a.m.**

Gentle Yoga

**10:30 a.m.**

Mat Pilates

**12:00 p.m.**

30-minute UnDesk Vinyasa

Lunch Break

**5:30 p.m.**

Mat Pilates - *NEW DAY!*

### Wednesday:

**8:00 a.m.** 30-minute Get Up and Move Mat Pilates - *NEW CLASS!*

**9:00 a.m.**

Resistance Band Boot Camp

**12:00 p.m.**

30-minute UnDesk Mat Pilates

Lunch Break - *NEW CLASS!*

### Thursday:

**8:00 a.m.** 30-minute Get Up and Flow Yoga - *NEW CLASS!*

**9:00 a.m.**

Gentle Yoga

**10:30 a.m.**

Mat Pilates

**12:00 p.m.**

30-minute UnDesk Vinyasa

Lunch Break

### Friday:

**9:00 a.m.**

Hatha Flow Yoga

**PLEASE NOTE: If no one has registered for any class 30-minutes prior to the scheduled start time, that class will be canceled for that day. Thank you for signing up in advance.**