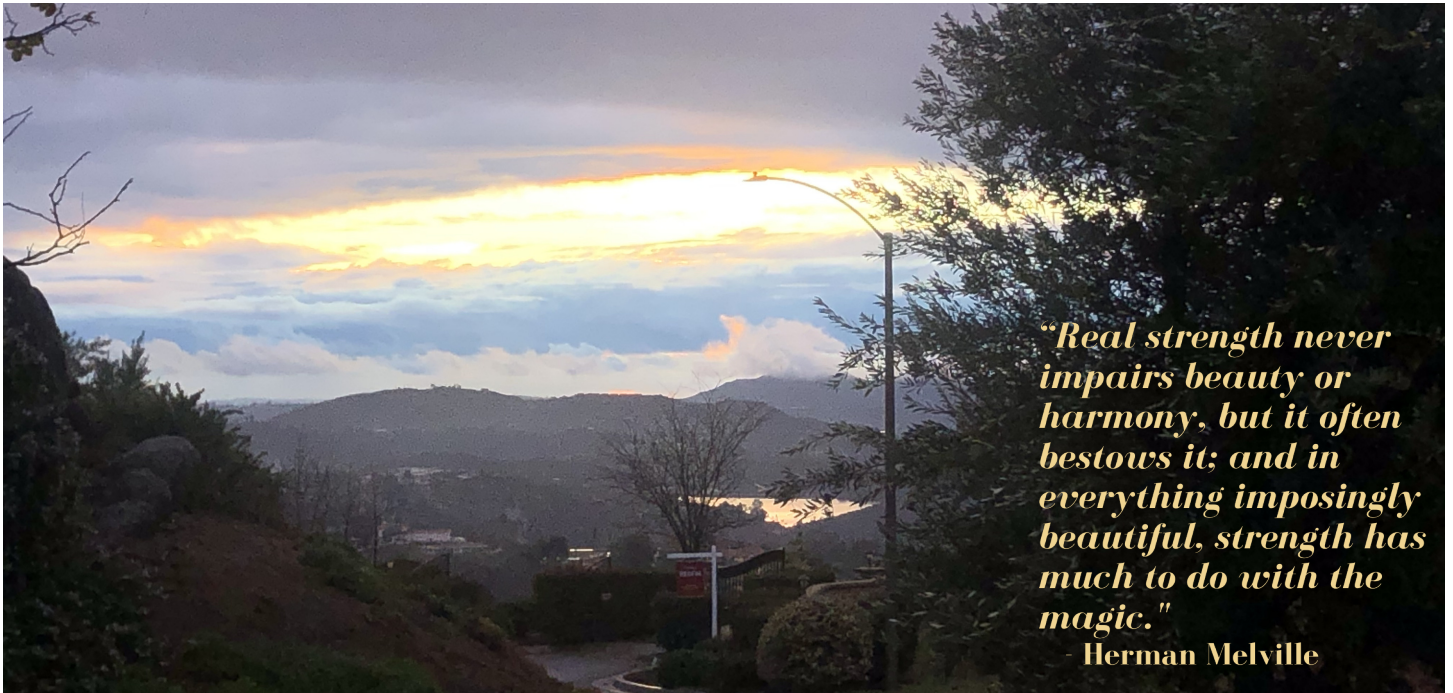


JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



"Real strength never impairs beauty or harmony, but it often bestows it; and in everything imposingly beautiful, strength has much to do with the magic."

- Herman Melville

Keeping it Simple in Complicated Times

NEWSLETTER FOR THE WEEK OF FEBRUARY 1

Who would have thought that we'd still be here almost a year later, but here we are!

At the beginning, I recall being advised to prepare for two or three weeks. If only that ended up being the case. It became much more complicated and yet, over time, some things have become less so.

Much like driving in heavy rain. Sometimes we see the storm coming and we want to take an alternate route or just cancel the trip altogether and hide. Anything but the discomfort of hydroplaning and white-knuckling it on the freeways. But when we commit and set out on our course, we take it slow and with caution. And, in the end, we get the sweet reward of a beautiful sunset, or a stunning rainbow. The work is always worthwhile. Easy? Nope.

Step by step. Breath by breath. Moment by moment. We have the power to take what appears insurmountable and overwhelming and remove the complicating factors using our wisdom and leaning into each other.

As I approach my birthday this month, I am contemplating many things. Setting intentions and goals with an eye for keeping it simple while evolving into my 'what's next?'. 54. Auspicious, indeed.

My invitation to you as we start a new month is to find joy and grace within the simple things no matter what else is churning around you. Take a breath. Step on your mat. See what unfolds.

THIS Saturday, we start First Saturdays! A two-hour workshop to practice and dive deep into the nitty gritty of alignment, anatomy, and why do we do certain poses or exercises. My intention is to simplify, demystify, and intensify your love for the practice.

Invite your friends and anyone in your life who's always wanted to explore yoga. There's no better time than the present to jump in!

FIRST SATURDAYS LAUNCHES: FEBRUARY 6

**JOIN ME ON THE FIRST SATURDAY
OF EACH MONTH FOR A
COMPREHENSIVE
PRACTICE/WORKOUT AND
DISSECTION OF THE WORK.**

FEBRUARY 6: YOGA 101

1:00 PM - 3:00 PM

\$30 PER PERSON

**VENMO @JANINE-BAILEY (LOOK
FOR KALI AS MY PIC)**

**ZOOM LINK PROVIDED UPON
PAYMENT RECEIVED**

**WHAT TO BRING: YOGA MAT,
BLANKET, STRAP, BLOCKS,
NOTEBOOK, WATER, AN OPEN
MIND, AND READINESS TO
EXPLORE.**

WHAT DO I NEED FOR THIS WEEK'S CLASSES? I'm glad you asked! For all yoga classes, please have two blocks, a blanket, and a strap. For Pilates, a ball and a small loop as well as a set of small hand weights. Also, set yourself up near an open wall space or secure door. For Functional Strength, a pair of hand weights (any weight will do), a long resistance band and/or large jump loop. We'll also use wall space/secured door for this class too. If you don't have any of those props? Not to worry! I always have options and you'll still get the maximum enjoyment from the class.

NEW STUFF REMINDER: I recently launched an \$89 unlimited offer as well as access to recorded sessions. During the first month of the \$89 offer, subscribers will gain access to the video library for that month. After the first month, full access to unlimited live classes and the video library will be \$119/month. Only interested in recorded sessions? As always, I've got you covered. You can subscribe to unlimited access for recorded classes for \$39 per month. No contracts. All offerings are good for 30-days and can be set up for autopay renewal, if you like.

FIRST SATURDAYS IS HERE! THIS SATURDAY we'll launch Yoga 101: Essentials and Explorations of Alignment and Integrity in Your Practice. That's a mouthful! You are invited to join a two-hour workshop to explore and ask all the nitty gritty questions about yoga. Come for info, stay for the dive into the rabbit hole. We'll practice and then dissect that practice. I'll answer all your questions and if you stump me, I'll turn to my teachers and come back to you with further information. Sound fun (and exhausting)? Yes! Sign up, grab a notebook and logon on the 6th. Let's have some good conversation.

Do you have something specific you'd like to work on? Got an idea for the next First Saturdays? PLEASE let me know! Drop me an email/text/social media message/whatever! I'm here for YOU and am honored to be part of your health and wellness journey. I'm super open to suggestions for all future First Saturdays. I love learning with you. I might be a teacher but I'm also a student.

REMINDER: I'm always available for questions after class as well as via email. Thanks for helping make our community one of calm and focus. Also, if you have any special conditions, injuries, other things going on that might affect your practice and how I might best serve you, please let me know in advance, if possible. If it's something you'd rather keep private, simply send me an email.

Expand the circle, share the love. Please share this with anyone you'd like. The more the merrier, the more connected.

In health, wellness, and strength -

Janine

THIS WEEK'S CLASSES:

Tuesday:

9:00 a.m. Hatha Yoga 1
10:30 a.m. Pilates Strength
12:00 p.m. Hatha Flow 30
5:30 p.m. Pilates Strength

Wednesday:

9:00 a.m. FUNctional Strength
12:00 p.m. Pilates Power 30

Thursday:

9:00 a.m. Hatha Yoga 1
10:30 a.m. Pilates Strength
12:00 p.m. Hatha Flow 30

Friday:

9:00 a.m. FUNctional Strength
10:30 a.m. Hatha Flow

Saturday:

1:00 p.m. - 3:00 p.m Yoga 101

Pricing:

Single class drop in:
\$20 for one-hour classes
\$12 for 30-minute classes
Series of 10 classes: \$140
Monthly unlimited: \$89 (group classes only)
Monthly unlimited +VOD access: \$119
Monthly VOD access only: \$39

Login to:

<https://clients.mindbodyonline.com/classic/ws?studioid=999683&stype=-2&subTab=info>

If you already have a Mindbody account, great! Just search for **Janine B Fit**

The hardest part is showing up the first time. after that, just move, work hard, and have fun.