

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



"Do not let the behavior of others destroy your inner peace." - Dalai Lama

Photo: MG Photography

Serenity in chaos

WTF IS GOING ON AND NEWSLETTER FOR THE WEEK OF JANUARY 11

It would be safe to assume that not one of us has ever witnessed anything like the complete chaos that occurred in Washington D.C. this past week.

I have purposefully avoided the political goings-on in this forum but this, this CANNOT drift by. It's been a disgraceful, disgusting, reprehensible week for our country.

What do we do? What can we do? What now? I wish I knew.

It's so difficult to not let it consume your soul - and far too much screen time - but resist. With all of your might, resist. Do not surrender your peace to their hateful display and cowardly acts. With all your might, hold fast to that precious gift.

I wish I had an awesome nugget of wisdom here but the best thing I could come up with was to hold steady, keep good company, and never, ever give up the good fight.

Stay strong. Remain vigilant. Be vocal. Keep your elected officials in check.

Let's add some light to this heaviness. The recent journey I've been on with my Mom has been the most beautiful kind of light-filled chaos.

We're taking on the next adventure in our family as she moves to a beautiful assisted living community in my hometown of Camarillo. Culling through memories, organizing, letting go, and embracing serenity in the chaos of it all has presented a wild dance of emotions, but at the center of it all is her sweet smile. Ever present. Ever encouraging. Ever optimistic with a twist of boundary-setting sass.

It's a time I've anticipated with fear but now that it's here, it's really okay. This is what we do. We show up. We set aside ourselves as best as we can for the benefit of someone who did the same for us at the beginning of our lives.

It is serene, exhausting, raw, and beautiful. It invites a sense of surrender in conjunction with courage.

GOOD THINGS COME TO THOSE WHO PRACTICE

AND WHEN WE PRACTICE TOGETHER, WE FORGE A BEAUTIFUL COMMUNITY.

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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.

AND IF YOU WISH TO BE REMOVED FROM MY MAILING LIST, SIMPLY SEND ME A QUICK "UNSUBSCRIBE" EMAIL.

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:

NO CLASSES TODAY

Friday:

NO CLASSES TODAY

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

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.

If money is ever an issue, please let me know. I'm committed to providing health and wellness to all. Contact me directly and we'll work it out.

And, so, I invite you to find serenity in the exhausting chaos that surrounds us. Keep close and keep good company for that is more powerful than anything. Step on your mat - whether with me, another instructor, or solo: just move! Practice often. Be mindful. Remain awesome.

This week, I need to honor the beautiful chaos at my feet and take time away from my beloved crew to see through my Mom's move on Thursday and Friday. I apologize for any inconvenience and am grateful for your understanding. I look forward to seeing you in my Tuesday and Wednesday classes and resuming full steam next week.

NEW STUFF! Last week, I launched an \$89 unlimited offer and, this week I'm adding access to recorded sessions. For the first month of the \$89 offer, subscribers will gain access to the video library for that month. After the first month and moving forward, 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.

Stay tuned for my new offering, **First Saturdays**. Each month, on the first Saturday, you are invited to join a two-hour workshop to explore and ask all the nitty gritty questions about yoga, Pilates, training, and overall health and wellness. My goal is to expand and explore conversation in all of these areas and create a community of mutual support and inspiration. First Saturday is coming on February 6: Yoga 101. We'll practice and break down each asana as we move. I am so excited to bring this long-time wish to fruition and look forward to your joining me. More details to come, including registration info.

Do you have something specific you'd like to work on? 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.

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, just send me an email.

Here's to badassery and good company-

Janine