

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING

"And now we welcome the new year, full of things that have never been." - Rainer Maria Rilke



Welcome to 2021!

CAUTIOUS OPTIMISM FOR THE WEEK OF JANUARY 4

Seven years ago on New Year's Eve, I boarded a plane in New York and took off for the adventure of a lifetime. A pilgrimage to South India with my beloved teacher, Douglas Brooks. It's a long story, but it was a trip I'd always wanted to take and when my Dad died earlier that year, I knew it was time.

There were 23 other people in my group and the only person I knew on that flight was Douglas. The only other time I'd done something like that was in 7th grade when I announced to my parents that I wanted to go to a week-long YMCA camp in Tehachapi.

This was very different. This was on the other side of the globe. I was optimistic as many friends had taken this very voyage, so my confidence was high. But I was cautious. My kids were still at home and it was the longest period I'd ever been away from them. What was I thinking? Who does this kind of thing?

I got to know each of my fellow pilgrims well. We became a family for roughly two and a half weeks. We all came from different parts of the world, and this brought us together.

Sometimes all it takes is pure desire that gets us to leap outside of comfort zones. We don't do it blindly. Our wisdom and cautious optimism can be great guides. Was I scared? Sure! Remember, I hate flying. This involved approximately 23 hours of flight time from origin to destination -- and courage spoke to me. Don't miss this. Do it. In spite of fear, do it.

The person I got to know best on that trip was myself. We were immersed into a beautiful culture and blessed with incredible company in each other. We learned, explored, cried, and shed a lot of fear. Each of us emerged different. Stronger, more resilient, and with a unique understanding of ourselves.

Welcome to the new year. Last year is in the rear view mirror. What is your desire? What are your comfort zones? What do you want to explore?

When is the right time? Now. Now is the time. Let's go for it!

GOOD THINGS COME TO THOSE WHO PRACTICE

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

NEW? CHECK OUT MY \$40 UNLIMITED 30-DAY OPTION

LOOKING FOR DAILY PRACTICE LIVE STREAM CLASSES WITH UNLIMITED ACCESS? CHECK OUT MY \$89 MONTHLY OPTION

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)

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.

Sometimes, we step into areas of life that make us uneasy. When you step into one of my classes, my greatest intention is to help you shed any discomfort that may exist. My wish for you is that if there is any trepidation to starting a program of any kind, that you do it anyway. Invite courage. See what happens.

In February, I'll be starting 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. Stay tuned!

Also stay tuned for the addition of HIIT (High Intensity Interval Training) offerings. These classes will be designed to kick things up and get good and sparkly by the end of our sessions. I'm super excited about these as this is how I personally love to work out.

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.

In health, wellness, and good ol' fashioned badassery -

Janine



Team Sari 2014
Chidambarum, Tamil Nadu, India

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

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)

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.