

# JANINE · B · FIT

## YOGA · MAT PILATES · TRAINING

*"The greatest glory lies not in never falling,  
but in rising every time we fall."*

*- Nelson Mandela*



Photo: @katsnaps.photography

## *Resilience*

AND OTHER GRATITUDES FOR THE WEEK OF NOVEMBER 23

If there's one thing I've witnessed over the last 36 weeks, it's RESILIENCE. We're like Timex watches, Energizer bunnies, Weebles, and that poor guy Jim on Mutual of Omaha's Wild Kingdom all wrapped up into one incredible package. We keep on going, coming back, escaping dangerous situations in the wild . . . we have proven our resilience and it's inspiring as heck to see from where I sit.

Keeping your yoga practice, Pilates work, and other exercise routines takes dedication and I applaud each of you for staying the course. Each of you helped me pivot back to teaching full time when my job at The Music Center was eliminated and I am grateful every day for the support, love, and encouragement I've received since. It's helped me to take things to the next level and expand this little business of mine into something bigger for the community. Thank you for being part of that!

Earlier this month, we celebrated Veteran's Day. To each of you who are veterans or have loved ones who are or were: THANK YOU for your service.

The resilience of veterans, transitioning service members, and their families is something that doesn't always get attention. There is a wonderful program called Heroes Linked that I mentioned last week that offers assistance to these people in the form of professional networking, career development, and transition support. Moving out of the armed services and back into civilian life can be daunting and isolating. Heroes Linked helps make that easier.

On Thanksgiving morning, I will be teaching a one hour donation-based mixed level yoga class at 9:00 a.m. to benefit Heroes Linked.

## *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. REFER A FRIEND AND I'LL THROW IN AN EXTRA CLASS!

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)

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

To learn more about Heroes Linked, go to their website: <https://heroeslinked.org>.

We will kick it old school via Zoom for this one class. Link to class here:

<https://us02web.zoom.us/j/6608187355?pwd=S2dZZ3lua2wvTTVLYWtoS09GNIRVdz09>

Please send donation in any amount via Venmo or PayPal with a note of: Heroes Linked. Venmo: @Janine-Bailey (pic of Kali on profile for reference). PayPal: J9yoga.

I'm making some changes to my schedule, effective December 1. Your opinions mean a great deal to me, which is why I created a survey to help cover anything I might have overlooked. If you haven't already completed the survey, please take a few minutes (I kept it super short) as it will help me out a ton. If you already did it, THANKS! Link to survey here:

[https://docs.google.com/forms/d/1a0YMEzpWbK\\_V5eiP6qPG9vnyvPgdeWRmhCENJn-MM6s/edit](https://docs.google.com/forms/d/1a0YMEzpWbK_V5eiP6qPG9vnyvPgdeWRmhCENJn-MM6s/edit)

**GENERAL HOUSEKEEPING NOTES:** One of the wonderful gifts of live stream is the opportunity to interact. I love that most of all. Sometimes background sounds can cause distractions in class for others. Moving forward, I will be muting everyone after our initial greeting and welcome. If there are any questions, you can un-mute yourself and ask away then re-mute yourself. There's also a chat box (NEW FEATURE!) under the mic icon. Easy peasy, right?

I'm also 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, shoot me an email. As always, I'm here for YOU!

**THE GIFT THAT KEEPS ON GIVING:** The Holidays are officially here and birthdays never stop coming, right? **GIFT CERTIFICATES** make a wonderful present for a friend, loved one, co-worker, or anyone with whom you'd like to share the gift of health and wellness. Also, perhaps you've had friends who have lost loved ones recently and, well, that's probably the worst. Bring them into the kula (community) where we support and inspire one another through movement.

**IMPORTANT UPDATE: Prices will be going up January 1 and a monthly option will be added along with some fun challenges to get your 2021 off to a kickass start.**

**THE YADDA-YADDA PART:** 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.

And, as always, 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. We're in this together, right?

Lastly, this year's Thanksgiving celebrations are gonna look and feel a bit different. However you choose to celebrate, I wish each of you a beautiful day filled with gratitude, love, and joy in the company of those dearest to you

With gratitude and a healthy serving of resilience -- Janine

## *THIS WEEK'S CLASSES:*

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

**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

### **Wednesday:**

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

**9:00 a.m.**  
Resistance Band Boot Camp

**12:00p.m.**  
30-minute UnDesk Mat Pilates  
Lunch Break

### **Thursday:**

**9:00 a.m. Donation based mixed-level yoga to benefit Heroes Linked --CLASS HELD VIA ZOOM. Donations in any amount to Venmo or PayPal.**

### **Friday:**

**9:00 a.m.**  
Hatha Flow Yoga -  
CANCELED.SLEEP IN, Y'ALL!

***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.***