

JANINE · B · FIT

YOGA · MAT PILATES · TRAINING



Anger, Loss, Grief, and Grace AND OTHER SUPER POWERS FOR THE WEEK OF NOVEMBER 30

My hope is that this finds each of you well and that your Thanksgiving was wonderful. A heartfelt "thank you" shout out to everyone who supported the donation-based class benefitting Heroes Linked. Together, you all brought in \$225. My heart is filled with gratitude for your support of this incredible and important program.

December is upon us and I'm coming in screaming so that 2020 goes out whimpering. My guess is that some of you might be sharing the sentiment.

This year started off great. My kids were thriving in college and high school. My daughter was kicking ass on the track setting new school records. My Beloved and I started a life together in a new home. My employment was stable. Things were great.

Finally! I felt like I could breathe. It was wonderful. Until it wasn't. Enter March.

Don't worry, not much to see here. Not gonna go into it much cuz it was only supposed to be for a couple of weeks, right? Riiiiiiiiiggggghhhhtttt!?!?

Schools started closing. Job losses racked up. A collective WTF filled the ether.

Anger crept in with the loss and grief took a stronghold in July and continued for an unwelcome stay.

Last week, my theme was resilience and that's what's kept us all going even as all the other emotions introduce themselves ... or are rude and don't. Seriously. What the hell happened? I won't even get into the election stuff because I purposely stay away from politics here.

How do we even navigate these waters? How do we take care of our mental and physical well-being? How do we not fly into complete rage every day?

FIRST-TIME STUDENT INTRO SPECIAL:

30-DAYS, UNLIMITED FOR JUST \$40. EXPLORE EACH CLASS AS MANY TIMES AS YOU LIKE DURING YOUR INTRO PERIOD. 10% DISCOUNT ON PACKAGE PURCHASE AT END OF INTRO. REFER A FRIEND AND I'LL THROW IN AN EXTRA CLASS!

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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.

We take a moment. A breath. We connect. We practice. We work. We keep good company. More on this in the coming weeks. I have many thoughts as the waves keep coming and rack up for everyone. My short answer is to take care of yourself and each other.

As we venture into the last month of this dumpster fire of a year, I hope that you can recognize the silver linings that popped up here and there and make them your warrior cry. When we recognize the loss and grieve. When we fully experience the anger and frustration, then we ultimately land into a space of grace and then we get stronger, build our wisdom, and step into courage. Easy? Hell no. Nothing worth doing ever is, but that payoff is sweeeeeeeeeet and is worth it.

My favorite silver lining this year was getting my entire immediate family onto a Zoom call on Thanksgiving Day. From Norway to New York City to various points in California, we did it. We connected. We found grace in each other's company and it was sweet.

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 kick ass 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 if you wish to be removed from my mailing list, simply send me a quick "unsubscribe" email and I'll take care of updating. I get it. Sometimes our inboxes are just too damn much.

Let's kick some assana and double down this month. Yes or yes?

With grace and badassery -

Janine

THIS WEEK'S CLASSES:

New class names and some shifts, same bad jokes. I can't wait to see you on the mat.

8:00 a.m. Hatha Flow 30

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:

8:00 a.m. Pilates Power 30

9:00 a.m. FUNctional Strength

12:00p.m.

Pilates Power 30

Thursday:

8:00 a.m. Hatha Flow 30

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

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. We're in this together, right?