



The Yoga Sanctuary

112 Sullivan Street | Punta Gorda, FL | 941.505.YOGA (9642)



Namaste'

You might not guess it, but sometimes I'm at a complete loss for words... Each month I sit down to write you a note, to share a bit of my life and practice with you, to connect with you. But some months the words just don't flow.

This is one of those months.

I sit, open myself to the silence, invite space for the words to arise. Ideas and thoughts start to form, but more like feelings and sensations—words just out of grasp, and language doesn't seem like enough.

I'm reminded of the well-known Rumi poem...

Out beyond the ideas of wrongdoing and rightdoing,
There is a field. I'll meet you there.
When the soul lies down in the grass,
The world is too full to talk about.

Ideas, language, even the phrase *each other*
Doesn't make any sense.

This is often true of our yoga practice. Maybe we try to teach or describe or share an experience we've had in our practice, but it is beyond language and our words just aren't up to the task. It's okay. We try anyway... and hopefully we meet somewhere in the field beyond the ideas...

with peace and love,
Jennifer

[IN STUDIO & ONLINE Class Schedule](#)

happenings



Paddle in Paradise:

A Yoga & Kayaking Eco-Adventure

Saturday | April 22nd | \$85
with Jennifer French

Celebrate Earth Day 2023 with The Yoga Sanctuary and join us for a yoga and kayaking eco-adventure! This kayaking trip will take us through the nooks and crannies along the waters of the Peace River, home to gopher tortoises, river otters, wading birds and a plethora of native flowering plants. Kayaks, yoga, and lunch all provided!

[Paddle with TYS!](#)



Restorative Yoga

Friday | 4/7
5:30pm | Hybrid



Yoga at Peace River Botanical Gardens

Saturday | 4/8 | 11:30am



Yoga Nidra

Friday | 4/30
4:00pm | Hybrid



Community Yoga Classes to Benefit Local Charities & Non- Profits: A 7-Week Series

Our weekly Community Yoga Classes continue through April 20th! Join us each Thursday at 6pm for a donation based yoga class that benefits various local non-profits and charities. This series of classes are all led by The Yoga Sanctuary Teacher Training participants! Please join us and experience the joy of yoga while supporting the community and these up-and-coming yoga teachers.

Come Show Your Support!

news, notes, and more



Retreat, Reset, & Rejuvenate

The effects of a retreat are long lasting - into the days and weeks following your return. Our most recent retreaters are still talking about their experiences in Costa Rica, and will likely be talking about their trip for years to come! Have you been thinking about trying a retreat? Or maybe you're looking for an interesting way to get away for a time? Take a look at Jennifer's most recently updated blog post about retreating, and how this can be the answer you've been looking for! And get on the list to be the first to know about our upcoming retreats... We've got some BIG things planned and *can't wait* to tell you more!!

[Read More!](#)

TYS Schedule Change

Please note that The Yoga Sanctuary will be closed on Easter Sunday, April 9th. We hope you have a lovely holiday!

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Plus, be sure to watch for upcoming changes to our schedule as we prepare to shift into the "summer season." There will continue to be lots to choose from with classes offered 7 days a week.

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And don't forget... You can stay connected with us through our ONLINE classes!

[See our schedule!](#)



Spring Sale!

April 2nd - 15th
(ish 😊)

Be sure to stop by the
TYS Boutique and check
out our *huge* Spring
Sale. Discounts from 30
to 60% off of select
retail!!

let's stay connected!



There is a language that is beyond words. If I can learn to decipher that
language without words, I will be able to decipher the world.
~ Paulo Coelho

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