



The Yoga Sanctuary

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

June 2022



Namaste'

I have this plant on my front porch. I bought it a couple years after I moved to Florida, so maybe 16 years ago. It's one of those house plants that seem to be able to survive with practically no thought or care at all. Right this moment, it's beautiful—lush and green and healthy. But it hasn't always been that way. There were times, years even, when it was straggly, wilted, and brown. I would easily forget about it, not watering it for ages until I noticed how close to death it was. Then I would commit myself to its care for a while... until I forgot again. That it survived those years has nothing to do with me and everything to do with its inherent hardiness. My story about that plant—and all plants under my care—is that I just don't have a green thumb. I don't have the talent...

But that's not true. The truth is, I wasn't committed to or prioritized its care.

As soon as I committed to that plant, everything changed. As I watched it begin to flourish, I eventually expanded beyond this one plant on my porch. I am now watching the wildflowers and grasses and lilies and succulents all slowly grow and bloom in their own ways. It doesn't have much to do with a green thumb or some kind of elusive talent. It's simply a commitment to prioritizing their care.

It's the same for our yoga practice. There is nothing special that we need in order to have a strong and flourishing practice. We don't need to be flexible. We don't need to have a unique talent. We don't need fancy clothes or expensive props. We only need to be committed to prioritizing our *own* care. And once we do that... just wait, everything will change.

with peace and love,
Jennifer

[IN STUDIO & ONLINE Class Schedule](#)

happenings



The Art of Teaching: Body Reading & Assists

Saturday, June 4th

9:00am | \$108 | with Jennifer French

Explore the anatomy of key yoga postures and how they manifest in a variety of body shapes. Through discussion and practice, we will then explore a multitude of ways that postural assists can be offered – some hands-on and others hands-off. You will leave this day-long intensive with a broader understanding of important foundational and practical skills necessary to teach in a creative, mindful, and rewarding way for the teacher and the student.

[Dive Deeper with Jennifer!](#)



Yoga 101: From the Ground Up

Saturday, June 12th

12pm | \$50 | with Pat Francis

Get on your feet in this 3-hour course, designed to give you the confidence to practice yoga's foundational standing postures. You will learn postures that build strength, flexibility, and balance at a pace that is comfortable and playful, set by your own intentions.

[Get Standing with Pat!](#)



Divine Feminine Dance: Celebrating the Summer Solstice

Saturday, June 18th

12pm | \$40 | with Jennifer Loftus

Join us for this special event to celebrate the solstice and experience the joy of the Divine Feminine Dance. Come together with women in our community as we move our bodies to a variety of music in conscious guided motion. Designed to clear energy, these movements will help to open up space for more joy, freedom, and power in your body. No experience is necessary.

[Dance with Jennifer!](#)



Summer Solstice Meditation

Tuesday, June 21st

11:30am | \$20 | with Melissa Goodwin

Join us for a special Summer Solstice breath and meditation practice on impermanence, in which we will open our hearts and minds to acceptance, letting go, and being fully in the present. This event will be held both in-studio and online.

Sit with Melissa!



Meditate & Restore

Upcoming Meditate & Restore: Join us in-studio or online: Wednesday, 6/8

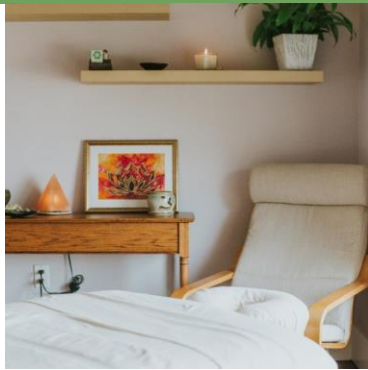


Monthly Full Moon Restorative

Upcoming Full Moon Restorative: This class is held Online only: Tuesday, 6/14

news, notes, and more





Massage Therapists Wanted!

The Yoga Sanctuary is looking to grow.. We are currently seeking to expand our massage and wellness offerings by bringing in an experienced massage therapist who is looking for a long-term role in a stable and positive environment. If you are interested in learning more about this opportunity, click [HERE!](#) And if you happen to know someone that would be the perfect fit for our community, please share!



Stay Hydrated with TYS!

This summer, wherever your travels might take you, be sure to stay hydrated with a TYS Water Bottle. Throughout the month of June, our branded Tervis insulated bottles are 10% off. AND as a bonus... Tag us in a fun summer photo with your bottle (or *any* TYS swag you've got) on your [Facebook](#) page to get an additional 10% off your next purchase (*monthly and annual memberships not included*).

let's stay connected!



The practice of yoga is to remove the weeds from the body so that the garden can grow.
~ B.K.S.Iyengar

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