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## Self-Care in Uncertain Times: A Radical Act of Resilience

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## Self-Care in Uncertain Times

In a world that feels overwhelming, it's easy to think that self-care is a luxury. But here's the truth: taking care of yourself isn't optional; it's essential. Now more than ever, prioritizing your well-being is a radical act of resilience and resistance.

When external chaos swirls around us, our inner peace — which can hold the space for anger, grief, fear, or whatever else we are feeling — becomes a powerful anchor and provides the space we need to find that next right action. Join Breathing Space to pause, breathe, and reconnect—not as an escape, but as a deliberate practice of self-preservation and strength.

Below you will find links to blog posts by Jen and Jessica on how yoga practice helps them find steadiness or space for processing, a post about the benefits of yoga in pregnancy, as well as our class schedule for adults.



## Satya & Discernment: The Truth Behind Real Self-Care

In a world where self-care often feels superficial or overwhelming, the yogic practice of Satya—truthfulness—offers powerful clarity. By cultivating discernment, we learn to identify what genuinely nurtures us, setting boundaries, managing our energy wisely, and knowing when to ask for help. Discover how honest self-awareness can redefine your approach to self-care, creating lasting nourishment rather than temporary relief.

More from the Blog



## The Practical Benefits of Slow, Mindful Yoga and Meditation

Slow, mindful yoga offers a powerful way to relieve stress, enhance body awareness, and cultivate inner peace. Our founder, Jen's journey through various yoga styles led her to appreciate the benefits of a slower, more intentional practice that fosters resilience, focus, and connection. At Breathing Space, the emphasis is on deliberate movement and breathwork, making yoga accessible to all ages and experience levels. This approach supports physical alignment, reduces stress, improves sleep, and enhances mental clarity. Whether seeking balance, strength, or relaxation, Breathing Space provides a sanctuary for busy professionals and families to reconnect and thrive.

More from the Blog

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## Find Your Flow with Us!

Step onto your mat and into a space of movement, mindfulness, and community. Whether you're looking to unwind after a long day or build strength and flexibility, our yoga classes offer the perfect balance of challenge and relaxation.

Join us for a session and reconnect with yourself—body, breath, and mind. Check out our upcoming adult yoga classes below!

### **Tuesday**

12:15 p.m. Postnatal Pilates

6:45 p.m. Prenatal Yoga

### **Wednesday**

12:15 p.m. Pilates Mat

6:15 p.m. Prenatal Yoga

7:30 p.m. Mindful Vinyasa

**Friday**

12:15 p.m. Essentials Flow

**Saturday**

12:15 p.m. Power & Balance Flow

**Sunday**

9:15 a.m. Pilates Mat

10:15 a.m. Yoga Essentials

11:30 a.m. Prenatal Yoga

12:45 p.m. Core & Restore

Book a Class!



## Prenatal Yoga: Your Secret Ally for a More Comfortable Pregnancy

Pregnancy is an extraordinary—and often challenging—journey. Prenatal yoga offers targeted support, easing physical discomfort, calming your mind, and building strength for labor. Learn how specialized yoga can help you feel more energized, confident, and connected to yourself, your baby, and a supportive community.

More from the Blog

## Help Us Keep Breathing Space a Thriving Part of the Community!

If you know someone who would enjoy our yoga classes—for themselves or their family—please forward this email or share your experience on social media. Your support helps us continue providing meaningful, high-quality yoga programs for our community. Thank you!



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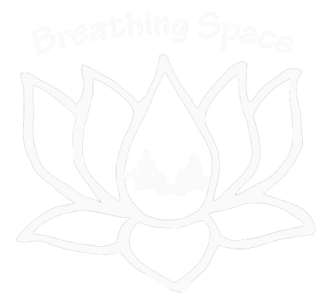
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