

Phone in Classes with Jennifer Schelter

Conversation and Meditation ~ Calm + Courage + Intention

Monday, Wednesday, Friday, 8-9am est

Guided Meditation-Quiet-Gratitude-Setting Intentions For The Day
(\$18. a class, 6 pack \$90.) (Ages 65+ donations welcome)

Yoga ~ Stability + Stretch + Sanctuary

Monday, 7-8pm est

Alignment-Stability-Flexibility-Balance -Being Grounded

This will not be a video call. This will be a listening call. You can trust yourself to follow the guided cues on your phone. The class will promote deep awareness of developing a home practice.

(\$18, 4 pack \$60) (Ages 65+ donations welcome)

Writing - Prompts, Scenes + Stories

Friday, 2:30-3:45pm

Memoir Writing-How to write scenes-Short writing prompts
(\$25) (Ages 65+ donations welcome)

Call in # (712) 775-7270, Pin: 407949

Thank you for being prompt. This is a live call. When you enter the call, say your name so I know who is present. You will be asked to put your phone on mute when not speaking so we can all share quiet. These calls are wonderful infusions of positivity, inspiration and collective good. A journal, pen, a cup of tea, yoga mat or being seated comfortably in a quiet space are all wonderful things to bring to the call.

Thank you for your donation and payment.

Venmo - <https://venmo.com/Jennifer-Schelter>

Check - "Jennifer Schelter" 643 E. Gravers Lane, Wyndmoor, PA 19038