



Welcome Home

Please Download our Mobile App

You may simply show up to any class on this page, (even Newbies) always check the online schedule for monthly changes

726 Arnold Ave.
Point Pleasant Beach, NJ
732-899-YOGA (9642)
JoyfulLivingYoga.com

November!

MONDAY		
9:30am-10:45am	Joyful Flow	Odetta
4pm-5pm	Joyful Flow	Brittany <i>(New Class, New Time!)</i>
5:15pm-6:15pm	Restorative Yoga **	Vic
6:30-7:45pm	Joyful Flow	Christine
TUESDAY		
9:30am-10:45am	Joyful Flow	Lina
5:30pm-6:45pm	Flow & Chill	Vic
7pm-8pm	Yin Yoga w/Mindful techniques**	Eden
8:15pm-9:15pm	Yoga Under the Stars (Star Projectors)	Nicky
WEDNESDAY		
9:30am-10:45am	Joyful Flow	Odetta
5:15pm-6:15pm	Restorative Yoga w/Meditation**	Eden
6:30-7:30pm	Bhakti Yoga Flow	Danica <i>(New Class, New Time!)</i>
8pm-9:15pm	Gentle Yoga & Yoga Nidra (Guided Meditation)**	Nicky
THURSDAY		
9:30am-10:45am	Dharma Yoga	Jennifer
5:30pm-6:30pm	Yin Yoga w/Guided Meditation**	Barbara <i>(New Class, New Time)</i>
FRIDAY		
9:30am-10:45am	Joyful Flow	Odetta
6pm- 7pm	Breath Yoga Flow	Nicky
SATURDAY		
9am-10:15am	Joyful Flow	Nicky
10:30-11:45am	Gentle Stress Relief Yoga w/Meditation**	Nicky
SUNDAY		
8:45am-9:45am	Tai Chi**	Kristen
10am-11am	Joyful Flow	Julie
11:15am-12:30pm	Gentle Stress Relief Yoga w/Meditation**	Barbara

All Classes with ** next to them are gentle & also perfect for beginners / those reconnecting with their bodies, or for those that just want to relax & stretch/de-stress.

Prices & Classes subject to change. No refunds.

Please explore our website for class descriptions

Pricing List for Weekly Classes- We make it easy for you!

Studies show practicing 3-5 times a week has the greatest impact on your well-being, so in support of your personal evolution, we are a membership--only studio. We recommend beginning with our Intro. Special, to experience all the magical teachers and their offerings: \$29 for 1 Week Unlimited Classes. This permits you to purchase our \$90 Unlimited Monthly Membership - Intro Special (It must be purchased within the 1-week unlimited intro special, or as your primary intro special). Studies show a regular yoga practice impacts the individual with a positive life-altering shift. We have a visiting travelers class pass and drop-ins available as well.

Introductory Special:	Saves money while changing your life!	Travelers Pass Cards:	Private Session:
*1 Week Unlimited Classes: \$29	Memberships:	1 Class: \$18	1 Hour: \$85
*\$90 Unlimited Memberships -Intro Special.	1 Month Unlimited (No-contract): \$120 a Month	5 Classes: \$80	90 Min: \$120- Recommended
(Rolls into Auto-pay - \$108 month, cancel free anytime, but once canceled this offer is lost forever)	1 Month Unlimited Yearly Contract: \$108 a Month	10 Classes: \$155	\$10 extra person

Special Events & Workshops

Read full descriptions online or in our mobile app www.JoyfulLivingYoga.com/workshops

Or Type: “The Joyful Living Yoga Center” in your local App Store

Please pre-register for these events at least a day prior to the event online

Kirtan: Rock & Ram Kirtan Band

Saturday, November 9th- From: 7:00 pm - 9:00 pm -Donation: \$10 cash at door

The Rock and Ram Kirtan Band is Jeff Eisenberg, RachelWallace, Dave Cox, Lauren Grogan, & RJ Testa. Jeff is an ordained Buddhist monk, Buddhist teacher and author, a devout Bhatki yogi, as well as a grand master level martial arts instructor. Rachel, Dave, & Lauren are devout Bhatki yogis, and esteemed yoga instructors and wellness coaches, whose classes and services are renowned and sought after in the yoga community. RJ Testa, is a Bhatki devotee, and amazing musician whose spiritual practice is centered on using music as a vehicle for spiritual service. The five friends, drawn together by their love of music and devotion to the spiritual path, formed the Rock and Ram Kirtan Band in the spirit of spiritual service to spread the message of joy, gratitude, and love that they’ve found in their own practice. They offer a unique spiritual experience that offers traditional Kirtan, (the ancient Hindu practice of singing and chanting), mixed with modern music influences ranging from psychedelic jams, to reggae chill, to rebellious punk.

Crystal Bowl Sound Bath w/Meditations with Bob & Carol Mason

Friday, November 15th- 7:15pm—-\$20

This is a very special session. We will begin with a guided meditation and led into the Crystal Bowl Sound Bath. Each cell in the body is genetically programmed to maintain its own health and well-being. During the course of our life many emotional, mental and environmental factors interfere with this state. When the body is vibrating out of tune or non-harmoniously, it is called dis-ease.When the body is vibrating in harmony with the whole, it is in a state of homeostasis, or sound health.

Buddha & Bahkti - Dharma Talk and Kirtan with Jeff Eisenberg

Saturday, December 7th- 7pm-9pm - \$10 Cash Donation at the door please RSVP online.

Buddha & Bahkti - Dharma Talk and Kirtan

This evening of “Buddha and Bhakti” is an eclectic blend of a Dharma talk & discussion, storytelling of Jeff's spiritual experience, and Kirtan music. “Buddha and Bhakti” is a unique event presented by Jeff Eisenberg. Jeff is an ordained Buddhist monk, Buddhist teacher and author, a devout Bhatki yogi, and a grand master level martial arts instructor. He has been practicing Buddhism for over 30 years, teaching for twenty years, and has written six books on the subject. He is also an accomplished musician, and leads the “Rock & Ram Kirtan band”, as well as plays guitar for such noted Kirtan artists as Madhu Purs Dasa and Raghunath.

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Please call or text us if you have any questions - 732-899-9642

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INTRODUCTORY SPECIALS

Intro. Special: 1 Week of Unlimited Classes

*Expires in 7 days from purchase.

*Only 1 per client

*When you discover you love it, Please join by purchasing one of our Unlimited Memberships

\$29

\$90 Unlimited Monthly Intro. Special

*Must be purchased within the 1-week Intro Special or as primary Intro. Special.

(Special gift: \$90 rolls into \$108 auto-pay, no-contract, cancel anytime, but once canceled it will be lost forever.)

\$90

MEMBERSHIPS

Yearly Unlimited Classes: \$108 a Month

*Saves \$114 Compared to the No-Contract Unlimited Sale Membership

*1 Free Suspension a year (must be notified in writing of specific dates and must be at least 2 weeks or more).

*See contract details for more info. and terms

\$108

Monthly Unlimited Classes: \$120

*No contract.

*Auto-pay (cancel anytime before next charge via. e-mail, Free cancelation)

\$120

TRAVELING VISITOR PASS

1 Single Class (Drop-In) - \$18

\$18

5 Classes

*Saves \$10

*Expires 2 months

\$80

10 Classes

*About \$15 a class (instead of \$18)

*Expires in 4 months from purchase date

\$155