



Welcome Home

732-899-9642- (Call/text)
726 Arnold Ave. Point Pleasant Beach, NJ
www.JoyfulLivingYoga.com

Please explore our website for class descriptions

In-Studio & Virtual Schedule

(Note: All classes are live streamed/available online & in-studio)

All In-Studio classes must be pre-registered by at least 1-hour prior to start time, due to limited space.

MONDAY		
9:30am-10:45am	Joyful Flow	Adam
5:30pm-6:45pm	Yin Yoga** (Online Only)	Eden (Online Only Class)
7pm-8:15pm	Joyful Flow	Andrea
TUESDAY		
9:30am-11am	Joyful Flow	Nicky
12-1pm	Chair Yoga**	Nicky (New Class)
7pm-8:15pm	Yin Yoga** (Great for improving flexibility!)	Andrea
WEDNESDAY		
9:30am-10:45am	Joyful Flow	Adriana (New Class)
7pm-8:30pm	Restoring Yoga & Yoga Nidra** (Guided Meditation)	Nicky
THURSDAY		
9:30am-10:45am	Gentle Joyful Flow	Andrea (New Class)
5:30pm-6:45pm	Joyful Core Focus	Nicky
7:15pm-8:30pm	Beginners Yoga (included in memberships and drop-ins)	Nicky (New Class)
FRIDAY		
9:30am-10:45am	Joyful Flow	Ilona
12:30pm-1:30pm	Tai Chi**	Kristen (New Class)
5:15pm- 5:45pm	Free Meditation Sitting	Nicky (New Time)
6pm-7:15pm	Breath Yoga Flow	Nicky
SATURDAY		
9:30am-10:45am	Joyful Flow	Nicky
11:15am- 12:15pm	Gentle Stress Relief Yoga w/Meditation**	Nicky
SUNDAY		
8:45am-9:45am	Tai Chi**	Kritsten
10:00am-11am	Joyful Flow	Andrea
11:15am-12:30pm	Yin Yoga** (Great for improving flexibility!)	Adam

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 or exchanges.

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 \$108 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:

***1 Week Unlimited Classes: \$29**

***\$108 Unlimited Memberships -Intro Special.**

(Rolls into Auto-pay - \$108 month, cancel free anytime, but once canceled this offer is lost forever)

Saves money while changing your life!

Memberships:

1 Month Unlimited (No-contract): \$120 a Month

1 Month Unlimited Yearly Contract: \$108 a Month

Travelers Pass Cards:

1 Class: \$19

5 Classes Monthly Auto-Pay: \$85 (No-Contract)

Private Session: (In-Person & Online options)

1 Hour: \$85

90 Min: \$120- Recommended

\$10 per extra person

Private Life Centering Session:

1 Hour: \$100 *(Individualized session using life guidance, hypnosis, eastern philosophy, yogic, neurolinguistic, meditation and psychological techniques (and more).*

Special Events & Workshops

All events must be pre-registered. Please call/text us for assistance or visit:
www.JoyfulLivingYoga.com/workshops

Crystal Bowl Sound Bath w/Meditations with Bob & Carol Mason (Online & Virtual options- -\$25

Sunday June 13th 5pm

Sunday June 20th 5pm

Friday June 25th 7:30pm

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.

Essential Oils Made Easy w.Andrea- Wednesday, June 16th 5:30pm- Must pre-register online \$20

Come to our sample party on Wednesday, June 16th at 5:30 PM to dive into the world of plant medicine. Experience the effects first hand, ask questions, learn how they can support you in feeling your best, share experiences, snack, and take home 2 samples of your choosing. I believe this a time for us to gather information and learn new ways to be in the world. Essential oils have been a huge part of my staying strong in body, mind, and spirit and I'm so excited to share what I've learned. Come join the dialogue and see what resonates for you. May you be safe, happy, and well. This offering is followed by Restoring Yoga & Yoga Nidra at 7 PM. What a fantastic way to celebrate a Wednesday!

Vision Board Workshop- Friday, July 9th at 7:30pm - Must pre-register

Through brief discussions of the law of attraction, you will be empowered and divinely guided to create your very own 2021 VISION BOARD. A vision board is a powerful law of attraction tool that helps you narrow down your desires through the power of choice. The tool helps you invest the time and energy to visualize your future and consistently reminds you of your life goals. Cost: \$40 pp - all supplies included

Make Your Own Mala Beads- Sunday, July 18th 6pm- Must pre-register online

The Mala is a strand of beads traditionally used for counting during meditations. Today, many people wear their Mala as a necklace or bracelet as a reminder of their personal and spiritual intentions. Making your own Mala Beads infuses your energy into the beads and encourages you to have a mindful experience in connection to the power of intention. Beautiful beads of spiritual quality will be provided. You will learn the meaning of Mala Beads, how to use them, and the spiritual meanings behind the stones you chose. Come get inspired and tap into your creativity. Take some time just for you to create a beautiful talisman to support you on your journey. Cost: \$45/per person - (all supplies included)

Join the Waitlist for the highly demanded, life-changing Meditation Course!

Sign-up online- www.JoyfulLivingYoga.com/workshops

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
- *Rolls into Intro. Special \$108 a Month Unlimited Class Membership, No-Contract
- *Once canceled this deal is lost forever.

\$29

MEMBERSHIPS

Yearly Unlimited Classes: \$108 a Month

- *Saves \$144 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) - \$19

\$19

5 Classes Monthly Membership, Auto-Pay, No-Contract

- *Saves \$10
- *Expires 30 days from purchase, and rolls into auto-pay, no-contract. Cancel anytime.

\$85