



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.**

<b>MONDAY</b>		
9:30am-10:45am	Joyful Flow ( <i>slow and strengthening</i> )	Adriana D.
5:30pm-6:45pm	Gentle Yoga w/ Yoga Nidra Meditation & Sound Healing**	Maura <b>(New Class)</b>
	( <i>hang drum, meditation, harmonium and gentle yoga</i> )	
7pm-8:15pm	Beginners Yoga ( <i>Start today, this class will help beginners gain strength</i> )	Andrea
<b>TUESDAY</b>		
9:30am-11am	Joyful Flow ( <i>Re-wire your mind</i> )	Nicky
7pm-8:15pm	Yin Yoga ( <i>w/ a community gathering afterwards</i> )**	Andrea
<b>WEDNESDAY</b>		
9:30am-10:45am	Joyful Flow ( <i>a class that relaxes you as it strengthens you</i> )	Adriana D.
5:30pm-6:45pm	Restorative Yoga- ( <i>Reboot &amp; Recharge w/energy work</i> )**	Andrea <b>(New Time)</b>
<b>THURSDAY</b>		
9:30am-10:45am	Gentle Joyful Flow ( <i>a great way to gently strengthen your body</i> )	Andrea
5:30pm-6:45pm	Joyful Core Focus ( <i>Many fun options to gain core strength</i> )	Nicky
<b>FRIDAY</b>		
9:30am-10:45am	Core & Yin Yoga ( <i>Build Core strength &amp; then stretch out</i> )	Ilona <b>(New Class)</b>
6pm-7:15pm	Slow Flow ( <i>a slow moving strengthening class</i> )	Maura
<b>SATURDAY</b>		
9:30am-11am	Joyful Flow ( <i>Practice the philosophies in motion</i> )	Nicky
11:15am- 12:30pm	Gentle Stress Relief Yoga w/ <i>Healing Meditation</i> **	Nicky
<b>SUNDAY</b>		
8:45am-9:45am	Tai Chi( <i>Moving Meditation,. Bring healing into your own hands</i> )**	Kristen
10:00am-11am	Joyful Flow ( <i>A soothing strengthening Sunday Yoga Session</i> )	Andrea
11:15am-12:30pm	Yin Yoga ( <i>Restoring Meditation and flexibility</i> )**	Kate

**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 studio.( **We do offer drop in classes**). We recommend beginning with our Intro. Special, to experience all the magical teachers and their offerings: **\$29 for 1 Week Unlimited Classes, automatically rolls into** \$108 Unlimited Monthly Membership - 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 (all auto-pay)

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

Life Coaching Session: (In-Person & Online options)

1 Hour: \$100 -Individualized session using hypnosis, eastern philosophy, yogic, neurolinguistic programming, meditation and psychological techniques to re-align to the life that best supports your joy in living.

Special Events & Workshops

All events must be pre-registered. Please call/text us for assistance or visit:  
[www.JoyfulLivingYoga.com/workshops](http://www.JoyfulLivingYoga.com/workshops) 732-899-9642

Crystal Bowl Healing Sound Bath & Guided Meditation w/Bob & Carol

*In-Person & Virtual Options*

**Friday, November 12th--7:30pm**

**Friday, November 19th--7:30pm**

**Sunday, November 28th--2pm**

The sound and vibrations emanating from the bowls re-tune the listener’s body by opening, clearing, and rebalancing the 7 chakras, 20 meridians, and 365 acupoints. Heart and respiratory rates change, self-healing powers are activated and the immune system is strengthened.

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

**Sign-up online-** [www.JoyfulLivingYoga.com/workshops](http://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