



Welcome Home

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

## 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	Gentle Joyful Flow <i>(Beginner Friendly)</i>	Odetta
5:45pm-6:45pm	<b>Yin Yoga** (Online Only**)</b>	Eden <b>(New Time!)</b>
7pm-8:15pm	Joyful Flow	Maura
<b>TUESDAY</b>		
9:30am-10:45am	Joyful Flow	Nicky
7pm-8:15pm	Yin Yoga** <b>(Great to improve flexibility!)</b>	Andrea
<b>WEDNESDAY</b>		
9:30am-10:45am	Joyful Flow	Odetta
7pm-8:30pm	Restoring Yoga & Yoga Nidra** <i>(Guided Meditation)</i>	Nicky
<b>THURSDAY</b>		
9:30am-10:45am	Gentle Joyful Flow <i>(Beginner Friendly)</i>	Andrea
4:30pm-5:30pm	Joyful Flow	Brittnay <b>(New Class!)</b>
<b>FRIDAY</b>		
9:30am-10:45am	Joyful Flow	Odetta
6pm-7pm	Breath Yoga Flow	Nicky
<b>SATURDAY</b>		
9:30am-10:45am	Joyful Flow	Nicky <b>(New Time!)</b>
11am- 12:15pm	Gentle Stress Relief Yoga w/Meditation**	Nicky
<b>SUNDAY</b>		
8:45am-9:45am	Tai Chi**	Kritsten
10:00am-11am	Joyful Flow	Julie
11:15am-12:30pm	Yin Yoga** <b>(Great to improve flexibility!)</b>	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.

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 \$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:** *(In-Person & Online options)*  
**1 Hour: \$100 (Individualized session using**  
*life guidance, hypnosis, eastern philosophy, yogic, neurolinguistic, meditation and psychology 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*

**Friday, November 13th, 7:30pm**  
**Sunday, November 15th, 6pm**  
**Friday, November 20th, 7:30pm**  
**Sunday, November 29th, 6pm**

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.

[Beginners Yoga Series w/Nicky](#) *Online & Virtual options- \$100*

**Thursday, November 5th--6pm**

4-Week Series w/a free bonus class (take any class with \*\* next to it (on the regular schedule) within the series duration).

**\*Begins November 5th -December 3rd (Skipping Thanksgiving)**

- \*Join a special FB group to continue sharing your journey with others in the series and stay inspired.
  - Please come with a yoga mat, and 2 yoga blocks, 2 blankets (any blanket from home will do, and a yoga strap or strap alternative (scarf, robe tie, etc). Please contact us if you have any questions or need help finding these items.
  - Do you feel like you are missing an important ingredient in life?
  - Have you been curious about yoga, but are not sure about where to go, or how to start?
- Well, you have come to the right place!

In this series, you will learn the following:

- Breathing techniques to support your physical practice and calm the mind.
  - Yoga poses used in group classes.
  - How to safely practice, according to your own body's needs.
  - How to make your yoga practice your own, so you can practice in a group setting safely.
  - Build greater strength and flexibility
  - Philosophy and techniques are weaved into the classes to help bring greater freedom into your life beyond the mat.
- It will be a fun time to reconnect with the body and self and others as we invite the missing ingredient (Yoga)into your life. Get ready to create a happy balanced life. See you soon!

**Crystal Wire Wrapping 101 with Joy - *Online & Virtual options-***

**Friday, November 13th- 7:30pm - \$35**

If you have a crystal that is energetically significant to you or that you just think is beautiful, and want to have it be part of you at all times, this workshop is for you! During this gathering, you will learn basic wire wrapping techniques using bare copper wire and a crystal/stone of your choice. Together, we will learn and practice two simple wire wrapping techniques. Your crystal creations will be suspended from an 18-inch faux leather cord so that you can wear it yourself or gift it to someone special. We will have a variety of appropriately sized/shaped crystals to choose from (as well as the information on their energetic correspondences), or you may bring your own special piece. For the techniques we will be using, crystals with at least 1.5-2 inches of length work best, but we can make almost anything work if needed!

Materials included: -22 gauge bare copper or silver-plated wire- Faux leather cords in your choice of color

Choice of (2) crystals to wrap -Jewelry Pliers: Round nose pliers, chain nose pliers, and wire snips

- Each attendee will have their own set of pliers to use during the gathering, which will be sterilized before & after each gathering. Optionally, you may purchase your own set from Whimsical Witch to keep. If you have these tools at home already and would like to bring your own you may do so.

- Virtual participants will need to purchase a set of tools to use (unless they have their own) at \$10 a set.

In-person participants may choose to purchase tools if they wish.

- A handout containing relevant terminology and written steps so that students can continue to practice on their own!

**Office Chair Yoga w/Nicky- *Virtual and In-Person options.***

**Sunday, November 22nd at 4pm - \$20**

Gentle in nature, Chair Yoga is practiced sitting in a chair or standing using a chair for support. It is great for people who sit a lot, and wonderful for diving into the world of meditation. It is designed for anyone who has difficulty with getting down, or up off the floor. You will learn seated/standing adaptations of yoga poses, breathing techniques, and ways to relax and achieve physical/mental fitness with the aid of a chair.

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



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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 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

