



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	Adriana (New Class)
5:30pm-6:45pm	Gentle Yoga w/Yoga Nidra & Crystal Bowl Meditation**	Jen (New Class/New time)
7pm-8:15pm	Joyful Flow	Andrea
TUESDAY		
9:30am-11am	Joyful Flow	Nicky
7pm-8:15pm	Yin Yoga**	Andrea
WEDNESDAY		
9:30am-10:45am	Joyful Flow	Adriana
7pm-8:15pm	Restorative Yoga**	Andrea (New Class)
THURSDAY		
9:30am-10:45am	Gentle Joyful Flow (Beginner Friendly)	Andrea
5:30pm-6:45pm	Joyful Core Focus	Nicky
FRIDAY		
9:30am-10:45am	Joyful Flow	Ilona
12:30pm-1:30pm	Tai Chi**	Kristen
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**	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 (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

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 - Bob & Carol (Online & Virtual options- \$25

Friday, July 30th - 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.

Make Your Own Mala Beads- Friday, August 27th- 7:30pm- 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