



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

**Please note that all classes and offerings must be registered for online in advance.**

We offer flexible learning options! Attend classes in-studio or join via live stream. Classes are also available on-demand in our Video Library. Additionally, live stream classes can be recorded and emailed to you, if you choose to register for this option.

All classes marked with stars (\*) are gentle and perfect for beginners, those reconnecting with their bodies, or those seeking relaxation, stretching, and stress relief.

- \*\* Beginner-friendly with strengthening poses
- \*\* Gentle stretching
- \* Most gentle and restorative/meditation

Prices & Classes subject to change. No refunds or exchanges.

MONDAY		
9:30am-10:45am	Joyful Flow (Elevate your mind and body with yoga)	Karen
5:30pm-6:45pm	Slow Flow Yoga (Move with Intention, Breathe with Ease) ***	Hailey
7pm-8:15pm	Restorative Yoga w/Reiki Healing Energy (Renew and Restore) *	Julie
TUESDAY		
9:30am-10:45am	Slow Flow Yoga (Unlock your full potential) ***	Roger
7pm-8:30 pm	Happy Hips & Shoulders w/ Crystal Bowl Meditation ** (New Flexibility and Peaceful Mind)	Nicky
Wednesday		
9:30am-10:45am	Joyful Flow (Find your center and calmness with yoga)	Kate
7pm-8:15pm	Evening Embers: Slow Flow Yoga (A nourishing practice to recover & recharge) ***	Jenn
THURSDAY		
9:30am-10:45am	Slow Flow Yoga (A nourishing practice to recover and recharge) ***	Nicky
11:30am - Noon	Free Tea Time (Bring your favorite mug, and tea) *	Nicky
Noon- 1:15pm	Chair Yoga (Limited Seats - Must pre-register online to attend) **	Nicky
7pm-8:15pm	Blissful Slow flow (A Gentle Thursday Evening Reset) ***	Sadé
FRIDAY		
9:30 -10:45 am	Slow Flow Yoga (Beginner friendly!) ***	Tori
SATURDAY		
8:30-9:45am	Gentle Yoga (Revitalize Your Spirit with Yoga) **	Karen
10am-11:15am	Slow Flow Yoga (A journey of self-discovery through yoga) ***	Roger
SUNDAY		
8:30-9:45am	Yin Yoga (Balance, Breathe, Be Blissful) **	Sadé
10:00am-11:15am	Joyful Flow (Soothing, strengthening Sunday Yoga Session)	Jen E.

# Additional Transformational Offerings

## Well-Being Sessions–

✨🌀 Reclaim Your Life, Embrace Joy: Sessions for Anxiety, Stress, and Life's Demands 🌀✨

Feeling overwhelmed by life's demands? Don't let anxiety and stress hold you back. Our Well-being Sessions are here to help you rediscover joy, alleviate anxiety, and conquer life's challenges.

✨ Why Choose Our Well-being Sessions? ✨

**1 Rediscover Joy:** Life should be fulfilling! Our sessions helps you reconnect with what truly matters, reignite your passions, and find a sense of purpose, so every day feels meaningful.

**2 Anxiety and Stress Management:** Say goodbye to anxiety and stress! We equip you with effective techniques to navigate challenges, build resilience, and achieve a calmer, balanced state of mind.

**3 Personalized Support:** Your journey is unique, and our coaching sessions are tailored just for you. We provide one-on-one guidance, empowering you to overcome obstacles, make positive changes, and reach your goals.

**4 Lifestyle Balance:** Finding balance is essential. Our sessions focus on self-care, healthy boundaries, and time management, creating a fulfilling and sustainable life.

**Don't let anxiety and stress hold you back from true joy and fulfillment.**

**Reclaim your life today with our Well-being Sessions.**

Unlock your potential for happiness and success. Contact us now to embark on a transformative journey of self-discovery, resilience, and a life that truly feels like yours again. ✨🌀

🌟 Call/text: 732-899-9642

🌟 E-mail: [JoyfulLivingYoga@gmail.com](mailto:JoyfulLivingYoga@gmail.com)

## Private Sessions and Parties:

*(One-on-one, or private group sessions, even parties/celebrations)*

✨Yoga ✨Crystal Bowl Meditation Sound Healing ✨Tai Chi ✨Meditation

***Call/text for more information, or to set up a session- 732-899-9642.***