



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 (beginner friendly)

★ Most gentle and restorative/meditation (beginner friendly)

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

MONDAY		
9:30am-10:45am	Joyful Flow (<i>Elevate your mind and body with yoga</i>)	Karen
5:30pm-6:45pm	Slow Flow Yoga (<i>Move with Intention, Breathe with Ease</i>) ★★★★★	Jen E.
7pm-8:15pm	Restorative Yoga w/Reiki Healing Energy (<i>Renew and Restore</i>) ★	Julie
TUESDAY		
9:30am-10:45am	Slow Flow Yoga (<i>Unlock your full potential</i>) ★★★★★	Roger
7pm-8:15 pm	Yin Yoga with Reiki (<i>New Flexibility and Peaceful Mind</i>) ★★	Jennifer
Wednesday		
9:30am-10:45am	Joyful Flow (<i>Find your center and calmness with yoga</i>)	Kate
7pm-8:15pm	Slow Flow Yoga (<i>A nourishing practice to recover & recharge</i>) ★★★★★	Jennifer
THURSDAY		
9:30am-10:45am	Slow Flow Yoga (<i>A nourishing practice to recover and recharge</i>) ★★★★★	Nicky
7pm-8:15pm	Reiki-Infused Yin Yoga (<i>A gentle Thursday evening reset</i>) ★★	Theresa
FRIDAY		
9:30 -10:45 am	Slow Flow Yoga (<i>Beginner friendly!</i>) ★★★★★	Tori
SATURDAY		
8:30-9:45am	Gentle Yoga (<i>Revitalize Your Spirit with Yoga</i>) ★★	Karen
10am-11:15am	Slow Flow Yoga (<i>A journey of self-discovery through yoga</i>) ★★★★★	Roger
SUNDAY		
8:30-9:45am	Stretch & Renew Yoga (<i>Balance, Breathe, Be Blissful</i>) ★★	Julie
10:00am-11:15am	Joyful Flow (<i>Soothing, strengthening Sunday Yoga Session</i>)	Kate

**We recommend beginning with our
2 Weeks of Unlimited Classes Intro Special,**

to experience all of our teachers and diverse offerings:

Studies show that a regular yoga practice (3 or more classes a week) impacts the individual with a positive life-altering shift.

We have a visiting traveler passes and memberships, and single classes available as well.

Additional Transformational Offerings

(Must Pre-register online in order to attend any class/events)

✨ Crystal Bowl Meditation w/Kate ✨:

Sunday, February 1st at 11:30 am

Crystal singing bowls, crafted from pure quartz, emit clear, resonant tones that can deeply influence our physical and emotional states. Research indicates that the vibrations produced by these bowls can reduce stress, lower blood pressure, and alleviate symptoms of anxiety and depression.

✨ Crystal Bowl Meditation w/Bob & Carol ✨:

Sunday, February 8th 11:30 am

Crystal singing bowls, crafted from pure quartz, emit clear, resonant tones that can deeply influence our physical and emotional states. Research indicates that the vibrations produced by these bowls can reduce stress, lower blood pressure, and alleviate symptoms of anxiety and depression.

✨ Crystal Bowl Meditation w/Kate ✨:

Sunday, February 15th at 11:30 am

Crystal singing bowls, crafted from pure quartz, emit clear, resonant tones that can deeply influence our physical and emotional states. Research indicates that the vibrations produced by these bowls can reduce stress, lower blood pressure, and alleviate symptoms of anxiety and depression.

✨ The Language of Numbers: A Journey into Numerology and the Soul ✨:

Sunday, Feb. 22nd at Noon \$45

February – the month of love – is the perfect time to explore the deep and beautiful relationship between numbers, vibration, and the soul. In this illuminating workshop, you will discover how Numerology, the ancient science of number vibration, can offer profound insight into your life's purpose, cycles, and inner truth. Together, we will unlock the hidden power of your birth date to reveal your Life Path, Personal Year, and core strengths, while also exploring how the numbers within your name reveal your Soul Urge, Secret Self, and Expression. *Read More Online*

✨ Make Your Own Mala Bead Meditation and Manifestation Necklace ✨:

Sunday, March 8th at Noon

Learn more by visiting our website: www.JoyfulLivingYoga.com/workshops

More Upcoming Events are being added every month. Read descriptions online.

Stay Tuned: www.JoyfulLivingYoga.com/workshops

Private Sessions and Parties

Private Sessions and Parties:

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

✨Yoga ✨Crystal Bowl Meditation Sound Healing ✨Well-Being Session ✨Meditation

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

