



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
11am-12:15am	Yin Yoga with Crystal Bowl Meditation (<i>Renew and Restore</i>) ★★	Stacie
7pm-8:15 pm	Restorative Yoga (<i>with Reiki Energy Healing and Essential Oils</i>) ★	Julie (<i>New Class!</i>)
TUESDAY		
9:30am-10:45am	Slow Flow Yoga (<i>Unlock your full potential</i>) ★★★	Roger
7pm-8:15 pm	Deep Renewal Gentle Yoga & Meditation (<i>Gentle Stretching, Meditation & Energy Renewal</i>) ★★	Jilly
Wednesday		
9:30am-10:45am	Joyful Flow (<i>Find your center and calmness with yoga</i>)	Kate
7pm-8:15 pm	Yin Yoga (<i>Unwind and Heal Within</i>) ★★	Jennifer F.
THURSDAY		
9:30am-10:45am	Slow Flow Yoga (<i>A nourishing practice to recover and recharge</i>) ★★★	Nicky
7pm-8:15pm	Yin Yoga with Crystal Bowl Meditation (<i>A gentle Thursday evening reset</i>) ★★	Stacie
FRIDAY		
9:30 -10:45 am	Slow Flow Yoga (<i>Beginner friendly!</i>) ★★★	Sarah
11am- 12pm	QiGong (<i>Like Tai Chi, and chairs available to use if needed</i>) ★★	Jilly
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>)	Jennifer F.

**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.

Special Events

Must Pre-Register Online in order to attend all classes and events:

www.JoyfulLivingYoga.com/workshops - 732-899-9642

Crystal Bowl Meditation w/Kate*

Sunday, Sept. 27th at 11:30am

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. This session will settle the nervous system, soften the edges, and leave you with that “ahh, I didn’t realize how much I needed this” kind of peace. Bring something cozy, maybe a light blanket or sweater, & let yourself be carried by sound. It’s a simple way to reset, & we’ve missed it.

6-Week Body Reconnection: Movement, Strength, Stability & Awareness w/Vic

Starts October 14th, Wednesdays at 5:30pm

We’ll explore breathwork, grounding, nervous system regulation, releasing tension, balance, alignment, mobility, stretching, core strength, pelvic and low-back stability, and full-body strength. The practices draw from mat-based Pilates, yoga, breathwork, and other trauma-informed mind-body practices. We’ll also spend time understanding why we’re doing what we’re doing. You’ll learn about the body and nervous system and the principles behind the practices, giving you a better understanding of how movement, breath, strength, stability, and awareness work together. The class is taught through a trauma-informed lens, with an emphasis on choice, body awareness, and creating a space where you can learn without judgment or pressure. You’ll be encouraged to listen to your body, work at your own pace, and develop greater trust in what you feel and need.

Read more online. www.JoyfulLivingYoga.com/workshops

✨ Private Well-Being Sessions

Sometimes you just need someone to help you see the bigger picture: to sort through the thoughts, emotions, and challenges that feel too heavy to carry alone. These sessions are about practical support and real change. Together, we work on what matters most to you: easing stress, finding clarity, breaking free from old patterns, and creating a life that feels lighter and more aligned. Think of it as a reset for your mind and heart.

✨ Private Yoga Sessions

A fully customized practice designed around your body, your needs, and your pace. Whether you’re looking to build strength, release tension, heal from an injury, or simply reconnect to yourself, these one-on-one sessions meet you exactly where you are. Perfect for beginners or anyone wanting a deeper, more personal approach.

Call to schedule a session: [732-899-9642](tel:7328999642)