



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	<b>Joyful Flow</b> (Elevate your mind and body with yoga)	Renee
5:30pm-7pm	<b>Gentle Stress Relief Yoga with Mini Yoga Nidra Meditation</b> ** (Experience Profound Relaxation)	Nicky
TUESDAY		
9:30am-10:45am	<b>Slow Flow</b> (Unlock your full potential) ***	Tracy
7pm-8:15pm	<b>Yin Yoga</b> (Nurture your body and mind) **	Renee (subbing till Oct!)
WEDNESDAY		
9:30am-10:45am	<b>Joyful Flow</b> (Find your center and calmness with yoga)	Kate
5:30pm-6:45pm	<b>Restorative Yoga &amp; Crystal Bowl Sound Healing</b> (Reboot & recharge) *	Kate
7:15pm- 8:15pm	<b>Slow Flow</b> (Unlock your full potential) ***	Kate (New Class!)
THURSDAY		
9:30am-10:45am	<b>Slow Flow &amp; Stretch</b> (A nourishing practice to recover and recharge)***	Kailey
5:30pm-6:45pm	<b>Core Focus</b> (A fun way to strengthen your core with crunches and more!)	Nicky
FRIDAY		
7:30am- 8:45am	<b>Serene Sunrise Slow Flow Yoga</b> (A morning refresher) ***	Heather
SATURDAY		
10am-11:15am	<b>Joyful Flow</b> (A journey of self-discovery through yoga)	Nicky
11:30am-12:45pm	<b>Gentle Stress Relief Yoga w/ Meditation</b> (Find your center and calmness)**	Nicky
SUNDAY		
10:00am-11:15am	<b>Joyful Flow</b> (Soothing, strengthening Sunday Yoga Session)	Kate

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

All Classes with stars (\*) next to them are gentle & also perfect for beginners, for those reconnecting with their bodies, or for those that just want to relax & stretch/de-stress.

\*\*\* Beginner friendly  
\*\*- Gentle stretching  
\*-Most gentle, restorative

**We recommend beginning with our Intro. Special,** to experience all the magical teachers and their offerings: **\$29 for 1 Week Unlimited Classes** this rolls right into the \$111 Monthly Unlimited Auto-Pay Membership. (To cancel please email us before the next charge, otherwise it automatically rolls into the ongoing monthly membership).

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.*

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## **Additional Transformational Offerings**

Must Pre-register online for all events.

[www.JoyfulLivingYoga.com/workshops](http://www.JoyfulLivingYoga.com/workshops)

### **Crystal Bowl Meditation w/Kate\***

**Sunday, Sept. 17th- 11:30am - \$25**

**Sunday, Sept. 24th at 11:30am - \$25**

Embark on a transformative journey with Kate as she guides you into a state of pure bliss through the mesmerizing power of crystal singing bowls. These extraordinary bowls have been scientifically proven to lower blood pressure, reduce anxiety, and boost our immune systems, offering profound healing and relaxation. Immerse yourself in a captivating 60-minute session where you'll be surrounded by entrancing vibrations, transporting you to a place of deep rejuvenation, healing and inner peace. Don't miss out on this extraordinary opportunity to nurture your well-being and experience the profound benefits of crystal singing bowl meditation. Reserve your spot now for this highly sought-after workshop online. Unwind, recharge, and discover the transformative power that awaits you.

### **Free Clothing Swap Party and Vegetarian Potluck**

**Sunday, Oct. 1st at Noon- Must RSVP online- Check our website for more details!**

### **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

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