



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) ***	Jen E. (New Class!)
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) ***	Roxy (New Class!)
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
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	Stretch & Renew Yoga (Balance, Breathe, Be Blissful) **	Julie (New Class!)
10:00am-11:15am	Joyful Flow (Soothing, strengthening Sunday Yoga Session)	Kate

We recommend beginning with our
2 Weeks of Unlimited Classes Intro Special,
to experience all 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 drop-ins available as well.

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

Crystal Bowl Meditation w/Kate*

Sunday, October 12, 11:30am - \$25

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, and let yourself be carried by sound. It’s a simple way to reset, and we’ve missed it.

Crystal Bowl Meditation with a Guided Meditation led by Bob & Carol*

Friday, October 17, 7pm - \$25

Bob and Carol are back with their crystal bowl meditations! The therapeutic use of sound has been practiced for centuries, and modern studies continue to explore its benefits. Crystal singing bowls, with their high-frequency tones, are particularly effective in promoting relaxation and mental clarity. These sessions have been associated with improved sleep quality, reduced anxiety, and enhanced emotional well-being. 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, and let yourself be carried by sound. It’s a simple way to reset, and we’ve missed it.

Crystal Bowl Meditation w/Kate*

Sunday, October 26, 11:30am - \$25

The bowls are back, and the timing couldn’t be better. As summer fades and the season turns, this is a chance to slow down, breathe deeply, and feel held by sound. Crystal vibrations create a space for calm, clarity, and ease, exactly what we need as we step into autumn together. Bring something cozy, maybe a light blanket or sweater, and let yourself be carried by sound. It’s a simple way to reset, and we’ve missed it.

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

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.

✨ **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.

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.