



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 (New Time!)
5:30pm-6:45pm	Joyful Flow Yoga (<i>Move with Intention, Breathe with Ease</i>) ★★★★★	Nicky
TUESDAY		
9:30am-10:45am	Slow Flow Yoga (<i>Unlock your full potential</i>) ★★★★★	Roger
7pm-8:15 pm	Gentle Stretch w/Qigong Meditation (<i>New Flexibility and Peaceful Mind</i>) ★★	Jilly (New Class!)
Wednesday		
9:30am-10:45am	Joyful Flow (<i>Find your center and calmness with yoga</i>)	Kate
5:30pm-6:45pm	Gentle Stretch w/Guided Meditation (<i>Slow down. Melt open. Come back to yourself.</i>) ★★	Sarah (New Time!)
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.

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.

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.

Additional Transformational Offerings

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

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

Stay Tuned: 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

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