



Welcome Home

732-899-9642- (Call/text)
726 Arnold Ave. Point Pleasant Beach, NJ
www.JoyfulLivingYoga.com

Please explore our website for class descriptions

Scan QR code below
with your camera



In-Studio & Virtual Schedule

All classes are in-studio and live-streamed

All classes and offerings must be pre-registered online

MONDAY		
9:30am-10:45am	Joyful Flow (Elevate your mind and body with yoga)	Karen
5:30pm-7pm	Gentle Stress Relief Yoga with Mini Yoga Nidra Meditation (Experience Profound Relaxation with tea time gathering afterwards) **	Nicky
TUESDAY		
9:30am-10:45am	Slow Flow (Unlock your full potential) ***	Tracy
7pm-8:15pm	Yin Yoga (Balance, Breathe, Be Blissful) **	Avita
WEDNESDAY		
9:30am-10:45am	Joyful Flow (Find your center and calmness with yoga)	Kate
5:30pm-6:45pm	Restorative Yoga & Crystal Bowl Sound Healing (Reboot & recharge) *	Kate
7:15pm- 8:15pm	Slow Flow (Unlock your full potential) ***	Kate
THURSDAY		
9:30am-10:45am	Slow Flow & Stretch (A nourishing practice to recover and recharge) ***	Emily
7pm-8:15pm	Recharge & Relax Yoga: (A Gentle Thursday Evening Reset) **	Avita
FRIDAY		
8am-9:15am	Slow Flow Yoga (A morning refresher) ***	Tori (New Time!)
SATURDAY		
8:30-9:45am	Gentle Yoga (Revitalize Your Spirit with Yoga) **	Karen
10am-11:15am	Joyful Flow (A journey of self-discovery through yoga)	Nicky
11:30am-12:45pm	Core Focus (Prevent back pain. All experience levels welcome!)	Nicky
SUNDAY		
10:00am-11:15am	Joyful Flow (Soothing, strengthening Sunday Yoga Session)	Kate

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

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

Transformational Events

Must Pre-register online for all events using the website below or scan the QR code with your phone camera.

www.JoyfulLivingYoga.com/workshops



Crystal Bowl Meditation w/Kate*

Sunday, May 5th at 11:30am - \$25 *In-person and Virtual options are available.*

Embark on a soothing 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.

Numerology Unlocked: Discovering Your Personal Power with Krista Lynn*

Friday, May 10th 7pm \$40

Dive into the ancient science of Numerology and uncover the profound impact of numerical vibrations on your life. Led by Krista Lynn, this enlightening workshop guides you through unlocking the numerical power of your birthdate. Discover how these vibrations unveil your life path, personal year, inner strengths, and future tendencies. Explore the significance of your name to reveal the Soul Urge, Secret Self, and Expression. Understand that every sound has a corresponding number, shaping our reality. Whether you're new to Numerology or experienced, this workshop offers fresh insights and growth opportunities. Bring a notebook and pen or pencil.

🌟 Unlock Your Potential with Our Exclusive 4-Week Beginners Yoga Series w/Nicky!

Step into a New Chapter of Your Life with Confidence and Purpose! 🌟

Starts Friday, May 17th at 11:15 am *In-person and Virtual options are available.*

🌱 Is Spring inspiring the calling for change within you? It's time to embark on a journey of transformation, starting with our empowering Beginner's Yoga Series. This isn't just about yoga - it's about embracing a whole new way of being.

Embrace Your Potential: Learn the fundamentals of yoga in a supportive and nurturing environment. As you flow through poses and connect with your breath, you'll unlock newfound strength, flexibility, and inner peace. Cultivate a mindset of growth and positivity as you delve into the practice of yoga. Allow yourself to let go of old patterns and beliefs that no longer serve you, and embrace the opportunity for personal growth and evolution. **Watch Your Life**

Flourish: As you commit to your practice, you'll notice positive shifts in every area of your life. From increased confidence and resilience to deeper connections and a sense of purpose, your whole life will be transformed. 🌟 Take the First Step Today, secure your spot in our life-changing Beginner's Yoga Series. Embrace the power within you and watch as your whole life transforms before your eyes!

Gentle Yoga & Yoga Nidra Meditation w/Crystal Bowl 528Hz w/Nicky*

Friday, May 31 at 7pm \$35 *In-person and Virtual options are available.*

In this class, we begin with a brief session of gentle yoga, designed to ease tension and cultivate comfort in the body, preparing you for deep relaxation. As you settle into a comfortable position, you will be guided through a deep meditation, allowing you to enter a state of profound inner stillness and peace. The frequency of 528 Hz, also known as the "Love Frequency" or "Miracle Tone," is believed to have numerous benefits for the mind, body, and spirit. It is thought to promote feelings of love, compassion, and healing. Additionally, 528 Hz is associated with DNA repair and restoration, supporting overall well-being and vitality. As the guided meditation concludes, you will be enveloped in the soothing vibrations of the crystal bowl tuned to 528 Hz. Join us for a deeply rejuvenating journey into stillness, guided by the harmonious frequencies of 528 Hz, as we cultivate peace, healing, and inner transformation together.

Private Sessions and Parties:

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

🌟Yoga 🌟Crystal Bowl Meditation Sound Healing 🌟Tai Chi 🌟Meditation 🌟Well-Being Sessions

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 help 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

Private Sessions and Parties:

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

🌟Yoga 🌟Crystal Bowl Meditation Sound Healing 🌟Tai Chi 🌟Meditation 🌟Well-Being Sessions

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

[Additional Transformational Offerings](#)

[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? ✨

Rediscover Joy: Life should be fulfilling! Our sessions help you reconnect with what truly matters, reignite your passions, and find a sense of purpose, so every day feels meaningful.

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.

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.

Lifestyle Balance: Finding balance is essential. Our sessions focus on self-care, healthy boundaries, learning new healthy coping skills, subconscious reprogramming skills, time management, and 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

Email: 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**

[Call/text for more information, or to set up a session- 732-899-9642.](#)