



Welcome Home

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

Please explore our website for class descriptions

# In-Studio & Virtual Schedule

(Note: All Classes are available for both in-studio attendance and live streaming Online- with recording emailed, plus we offer an On-Demand Video Library too!)

**All classes and offerings must be pre-registered online**

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

MONDAY		
9:30am-10:45am	<b>Joyful Flow</b> (Elevate your mind and body with yoga)	Karen
5:30pm-6:45pm	<b>Gentle Beginners Yoga</b> (The best time to start something new is now) **	Nicky
7pm-8pm	<b>Yoga Nidra Meditation Only</b> (Experience Profound Relaxation) *	Nicky
TUESDAY		
9:30am-10:45am	<b>Slow Flow Yoga</b> (Unlock your full potential) ***	Roger <b>(New Class!)</b>
7pm-8:15pm	<b>Gentle Stretch Yoga</b> (New Flexibility and Peaceful Mind) **	Nicky
Wednesday		
9:30am-10:45am	<b>Joyful Flow</b> (Find your center and calmness with yoga)	Kate
7pm-8:15pm	<b>Winter Warmth: Gentle Stretch Yoga &amp; Restore w/Reiki Healing Energy</b> (Renew and Restore) **	Julie
THURSDAY		
9:30am-11am	<b>Slow Flow Yoga</b> (A nourishing practice to recover and recharge) ***	Nicky
7pm-8:15pm	<b>Slow Flow and Recharge</b> (A Gentle Thursday Evening Reset) ***	Avita
FRIDAY		
9:30 -10:45 am	<b>Slow Flow Yoga</b> (Beginner friendly!) ***	Tori
SATURDAY		
8:30-9:45am	<b>Gentle Yoga</b> (Revitalize Your Spirit with Yoga) **	Karen
10am-11:15am	<b>Slow Flow Yoga</b> (A journey of self-discovery through yoga) ***	Roger
SUNDAY		
8:30-9:45am	<b>Yin Yoga</b> (Balance, Breathe, Be Blissful) **	Avita
10:00am-11:15am	<b>Joyful Flow</b> (Soothing, strengthening Sunday Yoga Session)	Kate
<b>Some Sundays- Crystal Bowl Meditation at 11:30am- See Workshops on other page!</b>		

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

**We recommend beginning with our Intro. Special, to experience all teachers and diverse offerings:  
2-Weeks of Unlimited Classes**

Studies show that 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 Sound Healing w/Kate\***

**Sunday, February 2nd 11:30am- \$25**

Are you tired of feeling drained, stressed, and disconnected? Do you yearn for a deeper sense of calm, clarity, and purpose? Join Kate for a nourishing 60-minute crystal bowl meditation to melt away tension, soothe your mind, and awaken your inner peace. Imagine yourself wrapped in a warm embrace of the crystal bowl vibrations, as they awaken your heart, quiet your thoughts, and rejuvenate your spirit. Learn more online

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

**Sunday, February 9th 11:30am- \$25**

*See above description of crystal bowls*

### **Gentle Strength & Balance: A 4-Week Chair Yoga Series**

**Fridays, February 14th at 11:30 AM | Limited to 10 Participants**

Sometimes, our bodies need a little extra care to regain balance and strength, and that's exactly what this series is all about. If getting up and down from the floor or doing traditional yoga classes has felt challenging, this class was created with you in mind. Over the course of four weeks, we'll take a slow, mindful approach to rebuild what feels lost—starting with the basics, and moving at a pace that respects your body's rhythm. Learn More online

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

**Sunday, February 16th at 4pm**

A rejuvenating experience, enhanced by Yoga Nidra Meditation and the healing vibrations of a crystal bowl that is tuned to the frequency of 528 Hz. 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. This sound bath further enhances the meditative experience, promoting relaxation, stress reduction, and a sense of harmony within. 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.

### **Create Your Own Mala Beads: A Journey of Intention**

**Sunday, Feb. 23rd at Noon**

Join Krista Lynn for a heart-centered workshop where you'll design and create your own Mala beads—a meaningful tool for meditation and a beautiful reminder of your intentions. Malas are more than just beads. They carry energy, intention, and purpose. Through the process of choosing your stones and threading them together, you'll have the opportunity to slow down, tune in, and pour your energy into creating something that truly represents you. Krista will share the history and meaning of Mala beads, guide you through the spiritual significance of different stones, and show you how to use your Mala in meditation or simply as a gentle reminder of your journey. This isn't just a craft project—it's a chance to connect with yourself, explore your creativity, and make something personal and sacred. You'll leave not just with a beautiful Mala, but with the feeling of having created something meaningful, just for you.

### **Private Sessions and Parties - Call to schedule**

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

✨Yoga ✨Crystal Bowl Meditation Sound Healing ✨QiGong ✨Meditation ✨Well-Being Sessions

Book Online today! [www.joyfulLivingYoga.com/workshops](http://www.joyfulLivingYoga.com/workshops) – a transformative experience awaits!

**See More Online! More arriving sign up for our newsletter!**

**[www.JoyfulLivingYoga.com/subscribe](http://www.JoyfulLivingYoga.com/subscribe)**

# 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? ✨

- 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](mailto:JoyfulLivingYoga@gmail.com)

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*(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.**