



The Studio Is Officially OPEN!

Please read the following before attending :)

*All in-studio classes must be pre-registered in by the 1-hour mark before class start time (due to limited space).

*You can text/call me and I can sign you in, or you can sign-up online. 732-899-9642

*If you missed the 1-hour mark you can call/text to see if there is space and I can sign you in :) (but please try to sign up ahead of time to avoid confusion/missed opportunities). ❤️ 732-899-9642

*All classes are in-studio and virtual. :)

*There are some virtual only classes (as well) in blue.

*Please sign into the class marked virtual, or in-studio.

*Please bring your own props ([a mat, 1 or 2 blankets, a strap \(or strap alternative\)](#)). ** If you have 2 blocks great but if not no worries). At this time we are avoiding sharing props, thank you for understanding :)



******In-Studio attendees- Please take your temperature prior to class and stay home if you are feeling unwell and join us in the virtual studio**

❤️ We will also be taking temperatures upon entering the studio (with no-touch thermometer on the wrist).

💛 Please honor 6-feet apart distancing while in the studio.

💚 We will be allowing people in and out in single file, and please leave your extra belongings in your car/home.

💜 We have lots of sanitizer here for you to use.

We love you soooo much!

💙 *Please wear a mask upon entering and traveling throughout the studio, masks are optional only once on your mat placement (6-feet apart floor marking).

💖 Thank you for understanding we have a no-refunds policy and ask that you call/text us asap if you will not be able to attend.

****** We are soooo happy to be back together in person! ❤️ You mean so much to us! 😊**

**I can't wait to air hug you all and offer emotionally charged stares to each of you. 😊*

www.JoyfulLivingYoga.com/Schedule