

An Exciting New Offering!

- ~ Do you need assistance with a particular Yoga pose or flow?
- ~ Would you like some additional instruction for alternatives given in class?
- ~ Would you like to discuss your Yoga practice?

Schedule a 15-minute, private Zoom meeting to receive additional support from one of our teachers. There is a \$15 fee for this service.

Great Gift Ideas

For yourself: Offer yourself this nurturing gift of extra support!

For others: Gift Certificates are available for Yoga memberships or a specific dollar amount!

Scroll below for schedules and details on all of our offerings!

Virtual Yoga Classes via Live Stream Video

For Members Only ~ New Members Welcome, please call the office or see instructions below to purchase memberships online. We have a variety of memberships available!

Membership Information

Class Schedule:

(All classes are 60 minutes. Please note that substitutes may fill in for the scheduled teacher on occasion.)

- Monday 9:30 am Michele
- Tuesday 9:30 am Michele
- Tuesday 5:30 pm Srividya
- Wednesday 9:30 am Srividya
- Wednesday 7:30 pm Marsha
- Thursday 9:30 am Michele
- Thursday 5:30 pm Noelle
- Friday 9:30 am Michele
- Saturday 9:30 am Jane
- Sunday 10:00 am Marsha

To sign up to join a class, please reply to this email, (or send an email to RoyalYogaNewJersey@gmail.com) and request a link. Important: Your email

request must be received at least 30 minutes prior to the class start time, in order to ensure that you receive the link in time to join.

How to Join a Class

Please note:

- All members who have joined us so far may use the same link you received to access the classes.
- When your membership expiration date is approaching you will receive an email with a reminder to call to renew.

Meditation Circles and Japa Meditation

~Offered by phone~

Open to all, no registration required.

Monday, Wednesday and Friday

8:00 am and 8:00 pm

Saturday 8:00 am

Sunday 8:00 pm

Call 515-604-9755 and when prompted,
enter Access Code 279558#

Learn More

Are you enjoying the Meditation Courses, Circles & Calls?

Would you like to explore a deeper understanding?

If so, there is an exciting new opportunity for you!

To learn more call 908-879-9648

or email RoyalYogaNewJersey@gmail.com

Meditation Courses

~ Offered by phone ~

Meditation courses are a free gift with your membership.

Please contact the office to register.

Level 1

Mondays at 9:30 am -- Still time to Join!

Level 2

Tuesdays at 7:30 pm -- Still time to Join!

Learn More

Life After Life

~Offered by phone~

Begins in January ~ Sign up now!

Choose one:

--Thursdays 7:30 pm - 8:30 pm

--Mondays 12:00 noon - 1:00 pm

Course runs for 12 weeks

Pre-registration is required.

Please contact the office to enroll.

Course Description and Pricing

Instructor Certification Course

9 Month Course

Begins in the New Year ~ Sign up Now!

Meets:

Tuesdays 7:30 pm - 9:00 pm,

and

Saturdays 9:30 am - 11:00 am

Begins January 12

Please contact the office to get all your questions answered!

Learn More

A reminder that you can now purchase your memberships online!

It is simple and can be done any time of day or night!

- 1) Begin at our website: www.TheSchoolOfRoyalYoga.com
- 2) Click the Pink Button for "Purchase Memberships"
- 3) Select the appropriate membership and add to cart
- 4) Sign-in to complete the check out process

Approximately 2 weeks before your membership is set to expire, you will receive an email with your Sign-in information.

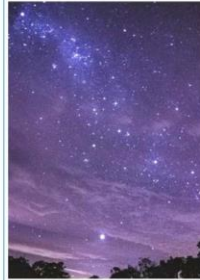
For those who prefer the method you are used to, we are happy to help you with your memberships over the phone, or set up your account for Automatic Renewals. As always, feel free to contact us with any questions.

**Save the Date!
Expand Your Awareness
January 10, 2021**

If you have yet to join one of these seminars this is your opportunity to feel uplifted and inspired! Experience deep inner peace and learn techniques to continue your journey of inner expansion.

Join us via Zoom at **12:00 noon on Sunday, January 10, 2021.**
All are welcome - new and returning guests!
Learn more

Expand Your Awareness



During these times, when we are facing the challenges of an uncertain world, tremendous strength, peace and calm can be found in the deepest essence of your being. Expanding that inner strength is essential to your well-being.

Join us for this important event, with topics including:

- The Power of Thoughts, Words and Feelings
- Cultivating Inner Strength
- Natural Wellness: Tips and Preparedness for these times
- Visualization is a Powerful Tool
- Finding Gratitude Opens the Heart to Greater Awareness



The School of Royal Yoga
908-879-9648
RoyalYogaNewJersey@gmail.com
TheSchoolofRoyalYoga.com

**Sunday January 10
12:00 – 1:30 pm
Pre-registration is required**

Fee: \$29.97
(Members receive 10% discount)

To register, please call or email The School of Royal Yoga.
Registration must be received by **11 am on Sunday January 10.**
Registered guests will be emailed a link to connect to the seminar via Zoom.

Have a few minutes to spare?

Take some extra time for yourself with our Gradual Stretching and Deep Relaxation Videos by clicking the links below. They are extremely beneficial and we are happy to provide you with this additional support.

Gradual Stretching ~ 6 Minutes

<https://youtu.be/bG2OBEidYml>

Deep Relaxation ~ 13 Minutes

https://youtu.be/sLYx_40KFhQ

Visualization is a powerful tool!

Please click the links below to discover our free visualizations on YouTube. They are extremely beneficial at any time, but especially now, and we are happy to provide this additional support at this time.

Healing Universal Love

<https://youtu.be/Ubnc5RRVTbU>

Healing Light

<https://youtu.be/SXiMF0N0WLS>

Free From Depression

<https://youtu.be/dNmDhc-8spY>

Free From Anxiety – Release Emotional Turmoil

<https://youtu.be/8NyyiCLf0TE>

Remove Abnormal Conditions

<https://youtu.be/ezFgzsnT8yk>

Reiki Healing Visualization

~Offered by phone~

Open to all, no registration required.

Sundays 9:00 - 9:30 pm

Call 425-436-6200 and when prompted,

enter Access Code 142864#

[Learn more](#)

Please let us know if you have any questions or difficulties joining our Virtual Offerings. We are happy to follow up with a phone call or email to assist you. You are important to us and we want to be sure that you can access everything we have to offer.

We are grateful to be able to continue to serve you during this time. Wishing everyone continued health and peace.

The School of Royal Yoga
908-879-9648