

## **On-site Adult Classes Continuing!**

### **Sundays**

from 6:00 to 7:00 pm

November 15, 22

### ***NEW!***

### **Mondays**

10:00 to 11:00 am

November 16, 23, 30 and December 7

**Pre-registration** is Required

For details and how to join, [click here](#)

A maximum of 4 students will be permitted in each class,  
and advance booking is necessary for each class.

**Masks** are required throughout the class, and a  
**Health Form** must be completed PRIOR to class.

**(All Virtual Classes are continuing)**

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

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## **Upcoming New Courses!**

### **Instructor Certification Course**

Weekday and Weekend options

Choose 9-month or 6-month format

Please contact the office to get all your questions answered!

[Learn More](#)

### **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 -- Begins December 7

### **Level 2**

Tuesdays at 7:30 pm -- Begins December 1

**[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](#)**

### **A Note to Members:**

As you may know, we take attendance for the virtual Yoga classes just as we do when we are in the physical studio ~ it helps us in multiple ways and we love to know when you are with us!

With this in mind, we ask you to please take note if you are signing in on a new or different device that may identify you in a different way, especially if it does not show your actual name, or shows only your first name. If this is the case, please send us a quick chat in Zoom to let us know your full name, or you can send an email to the School if you prefer. Thank you so much!

### **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)

Monday 9:30 am Michele

Tuesday 9:30 am Michele

Tuesday 5:30 pm Sara  
Wednesday 9:30 am Sara  
Wednesday 7:30 pm Marsha  
Thursday 9:30 am Michele  
Thursday 5:30 pm Sara  
Friday 9:30 am Michele  
Saturday 9:30 am Sara  
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](mailto: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.

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### **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](mailto:RoyalYogaNewJersey@gmail.com)

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## 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](http://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!

Our next Expand Your Awareness seminar will be held via Zoom on

**Sunday November 22, 12:00 noon.**

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

**Sunday November 22  
12:00 – 1:30 pm**  
Pre-registration is required  
Fee: \$29.97  
(Members receive 10% discount)

The School of Royal Yoga  
908-879-9618  
RoyalYogaNewJersey@gmail.com  
TheSchoolOfRoyalYoga.com

To register, please call or email The School of Royal Yoga.  
Registration must be received by 11 am on Sunday November 22.  
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/bG2OBEidYmI>

### Deep Relaxation ~ 13 Minutes

[https://youtu.be/sLYx\\_40KFhQ](https://youtu.be/sLYx_40KFhQ)

## 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](#)

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A quick reminder to 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.

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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**