

**We welcome you to join us for several upcoming in-person opportunities!**

\*We will be offering outdoor classes at the Chester Library, beginning July 29 at 10:30 am.

\*We have an outdoor Singing Bowls event for Meditation and Relaxation at the Chester Library on August 7 at 11:00 am.

These offerings are free to the community, but pre-registration is required through the Chester Library.

Visit their website or call them to register:

<https://chesterlib.org>

908-879-7612

\*We are now open for private and semi-private in-person classes. For members only, by appointment. Additional administrative fees apply. Please call to inquire for details.

Reminder ~ All virtual classes are continuing as well!

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

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**Instructor Certification Course  
Begins this Fall!**

Weekday and Weekend options

Choose 9-month or 6-month format

Please contact the office to get all your questions answered!

**Learn More**

**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 [RoyalYoga@embarqmail.com](mailto:RoyalYoga@embarqmail.com)

## **Virtual Yoga Classes via Live Stream Video**

For Members Only ~ New Members Welcome, please call the office to join. We have a variety of memberships available!

### **Membership Information**

Class Schedule (All classes 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 [RoyalYoga@embarqmail.com](mailto:RoyalYoga@embarqmail.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.

## **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/ezFqzsnT8yk>

## 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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## Save The Date!

Our next Expand Your Awareness seminar will be held via Zoom on Sunday August 9th at 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 include:

- 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: Open the Heart to Create Awareness

**Sunday August 9**  
12:00 – 1:30 pm  
Pre-registration is required

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

The School of Royal Yoga  
908-879-9648  
RoyalYoga@earthlink.net  
TheSchoolOfRoyalYoga.com

To register, please call or email The School of Royal Yoga.  
Registration must be received by 11 am on Sunday August 9.  
Registered guests will be emailed a link to connect to the seminar via Zoom.

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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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**Need a quick refresh?** If you just need a 15-minute Deep Relaxation, please click this link to our free YouTube video:

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

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**