
On-site classes - New dates added!

Adults:

Sundays

from 6:00 to 7:00 pm

October 25, November 1, 8, 15, 22

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)

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

New Courses Starting Now!

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 Level 1 Course

~Offered by phone~

Still time to join

Choose one:

--Mondays at 9:30 am

--Tuesdays at 7:30 pm

Meditation courses are a free gift with your membership.

Please contact the office to register.

Learn More

Life After Life

~Offered by phone~

Begins in October!

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

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) 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

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.

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>

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](#)

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.

Need a quick refresh? If you just need a 13-minute Deep Relaxation, please click this link to our free YouTube video:

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