

New Courses Starting Now!

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~

Choose one:

--Thursdays 7:30 pm - 8:30 pm, October 8

--Mondays 12:00 noon - 1:00 pm, beginning October 19

Course runs for 12 weeks

Pre-registration is required.

Please contact the office to enroll.

[Course Description and Pricing](#)

On-site classes!

Adults:

Sundays

from 6:00 to 7:00 pm

October 4, 11, 18, 25

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)

~Additional in-person opportunities~

***Outdoor classes at the Chester Library, on **Wednesdays at 10:30 am**,
weather permitting.**

***Outdoor Singing Bowls event for Meditation and Relaxation at
the Chester Library on **Friday, October 9 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

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We are also open for private and semi-private in-person classes.

For members only, by appointment.

Additional administrative fees apply. Please call to inquire for details.

Scroll below for details on all of our offerings!

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](#)

We would like your feedback on the Virtual Yoga Schedule!

1. Would you like a Gentle Yoga class in place of the Tuesday or Thursday 9:30 am class?
2. Would you like a weekday morning Yoga class at 7:30 am?

Please respond to this e-mail to let us know ~ Thank You!

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 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.

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.

We are having a sale on store merchandise!
60% Off Gemstone Malas and Golden Ratio Glassware



Gemstone Malas are hand made, Sacred Malas, with gemstones that have Healing Properties.



Regularly \$75 to \$125 now \$30 to \$50!



Golden Ratio Glassware offers elegant beauty and enhances the water it holds. Treat yourself to a special carafe and glass for your drinking water!

* * *

If you see something you like, let us know and we'll email you detailed pictures ~or~ make an appointment to visit our store to shop. Downtown Chester is a Great Way to spend a few hours on a Fall afternoon!

Save the Date!


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

Sunday October 25th 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 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 October 25
12:00 – 1:30 pm
Pre-registration is required
Fee: \$29.97
(Members receive 10% discount)

The School of Royal Yoga
908-879-9648
RoyalYoga@royalyoga.com
TheSchoolofRoyalYoga.com

To register, please call or email The School of Royal Yoga.
Registration must be received by **11 am on Sunday October 25**.
Registered guests will be emailed a link to connect to the seminar via Zoom.

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](#)

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