

Dear Students,

As we observe the practice of social distancing, we are pleased to offer a full variety of classes and workshops this week. This email contains schedules for the following:

- **Meditation Circles and Japa Meditation By Phone**
- **Virtual Yoga Classes via Live Stream Video**
- **Bach Remedies for Peace and Emotional Balance By Phone**
- **Introduction to Meditation By Phone**

Please scroll below for additional information on each offering.

Meditation Circles and Japa Meditation

~Offered by phone~

Open to all, no registration required.

Monday, Wednesday and Friday

at 8:00 am and 8:00 pm

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

[Learn More](#)

Virtual Yoga Classes via Live Stream Video

For Members Only ~ New Members Welcome, please call the office to join.

One-Week memberships available!

[Membership Information](#)

Class Schedule for week of March 16:

(All classes will run approximately 40 minutes)

Monday 9:30 am Michele

Tuesday 9:30 am Michele

Tuesday 5:30 pm Sara

Wednesday 9:30 am Sara

Thursday 9:30 am Michele

Thursday 5:30 pm Sara

Friday 9:30 am Michele

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.

It is only necessary to send one request for the week. We will then email you a link each time there is a class. The link for each class will be sent sometime after the previous class has been completed.

[How to Join a Class](#)

Introduction to Bach Remedies for Emotional Balance; Peace of Spirit, Mind and Body

~Offered by phone~

Open to All

Are your emotions running high during these times?

Would you like to decrease feelings of panic, anxiety or fear?

Would you like to become more emotionally balanced?

You deserve peace of spirit, mind and body!

Learn more

Tuesdays March 17, 24 and 31

8:00 - 8:30 pm

\$35 for 3-class series

Advance Registration required - please call the office by 7:00 pm Tuesday to receive call-in information.

Introduction to Meditation

~Offered by phone~

Open to all, no registration required.

Wednesday 8:30 pm

Call 425-436-6200 and when prompted,
enter Access Code 142864#

Learn more

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