

About our school and instructors

The School of Royal Yoga is an international school dedicated to teaching Yoga, Meditation and Seminars for over 25 years.

Our Certified Teachers have many years of comprehensive training and experience in bringing Contemplation and Meditation to people from every walk of life. Meditation classes are currently running at our studios as well as on-site within many corporations. Yoga classes are offered for beginners and intermediate-level students, teens, children, mothers and babies, and parents and toddlers. We offer teacher training for all of our programs.



The School of Royal Yoga
Chester, NJ

For more information, please contact
908-879-9648
RoyalYoga@embarqmail.com
www.TheSchoolofRoyalYoga.com



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Chester, NJ 07930

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Meditation Classes and Seminars for Corporations and Businesses



**ON-SITE, TELEPHONE,
& ON-LINE COURSES DESIGNED
FOR PROFESSIONAL ENVIRONMENTS**

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Meditation can increase creativity and productivity



Studies have shown that increased peace can improve our health and well-being.

How does this happen?

Meditation shifts activity in the prefrontal cortex of the brain, reorienting the body from stressful "fight or flight" mode. It increases brain-wave activity which enhances intuition.

Yoga, Meditation and Mindfulness students express an increased feeling of creativity, contentment, focus, and concentration.

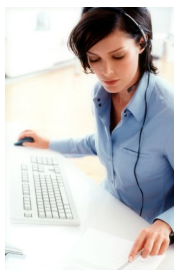
A variety of options, tailored to your needs

Introduction to Meditation: Conventions, Conferences and Lunch and Learn presentations. These presentations incorporate Understanding the Benefits of Meditation, How to Get Started, Correct Breathing Techniques, Mindfulness and a Guided Experiential Session.

On-site Meditation Courses before, during or after work hours at your location.

Telephone Meditation Courses by conference call access.

On-line Audio-visual Instruction on meditation and calming techniques available through a link on the corporate intranet. Usually 10-12 minutes in length.



Meditate at your work station!

Webinars: Employees join through computer and phone access for live audio and visual instruction. This format

can be used as an Introduction to Meditation or for ongoing classes.

Other Seminar Topics Include: Stress Management Techniques, Deep Relaxation Techniques, Japa Meditation, and others.

"Meditation has changed my life. I am so glad to have had the opportunity to experience this course."

-Janine Heim, Marketing Manager
Nokia

We have experience working with pharmaceutical, insurance, technology, and consumer foods clients. Let us know what your needs are, and we will gladly tailor a program just for you.



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