

Happy Spring!



We are excited to share that our **onsite classes** begin this week (see details below). We have added 2 more classes to the schedule already and will add a few more, later in April, so keep an eye out for our upcoming emails! (If you love our virtual offerings, rest assured that the current schedule remains the same and will continue).

New Meditation and Life After Life courses begin soon as well, details can be found below.

MORE ONSITE CLASSES BEGINNING IN APRIL!

Starting this week:

Tuesdays 12:00 noon ~ Begins April 6
Wednesdays 12:00 noon ~ Begins April 7

Starting next week:

Mondays 9:30 am ~ Begins April 12
Mondays 6:00 pm ~ Begins April 12

Pre-registration is Required

For details and how to join, **[click here](#)**

- **8 students** will be permitted in each class
- **Advance booking** is necessary for each class
- **Masks** must be worn throughout the class
- **Health Form** must be completed PRIOR to class.

All Virtual Classes are continuing

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Scroll below for Virtual Schedule, New Courses & Seminar information

Register now for the April 11 Expand Your Awareness Seminar

All are Welcome!

If you have yet to join one of these seminars, this is your opportunity to feel uplifted and inspired! Experience deep inner peace and learn techniques to continue your journey of inner expansion.

Join us via Zoom at **12:00 noon on Sunday, April 11, 2021.**

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:

- Vibrant Health for Every Body
- Discover Your True Self
- Transcend Limitations
- Our Changing World
- And More!



The School of Royal Yoga
908-879-9648
RoyalYogaNewJersey@gmail.com
TheSchoolofRoyalYoga.com

Sunday April 11

12:00 – 1:30 pm

Pre-registration is required

Fee: \$29.97

(Members receive 10% discount)

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

Accepting registrations now for these courses starting soon!

Meditation Course

~ Offered by phone ~

Meditation courses are a free gift with your membership.

Please contact the office to register.

Level 1

Choose from:

~Sundays at 7:15 pm ~ Begins April 11

or

~Mondays at **11:00 am** ~ Begins April 12 ~ **New time!**

[Learn More](#)

Life After Life

~Offered by phone~

Thursdays at 10:45-11:45 am ~ Begins April 15

Course runs for 12 weeks

Pre-registration is required.

Please contact the office to enroll.

Course Description and Pricing

New Instructor Certification Courses ~ Begins in May!

9 Month Course

Please inquire for course start dates

Option 1:

Tuesdays 7:30 pm - 9:00 pm,
and

Saturdays 9:30 am - 11:00 am

Option 2:

Fridays 9:30 am - 12:30 pm

Please contact the office to get all your questions answered!

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

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. Please note that substitutes may fill in for the scheduled teacher on occasion.

Monday 9:30 am Michele

Tuesday 9:30 am Michele

Tuesday 5:30 pm Srividya

Wednesday 9:30 am Srividya

Wednesday 7:30 pm Marsha

Thursday 9:30 am Michele
Thursday 5:30 pm Carol
Friday 9:30 am Michele
Saturday 9:30 am Carol
Sunday 10:00 am Marsha

NEW MEMBERS will receive **one** link that admits them into all scheduled Yoga classes. Once you are a Member, there is no need to reserve your spot in class. Join any class on the schedule when it is convenient for you!

If you are a NEW MEMBER and have not received your link, please reply to this email (or send an email to RoyalYogaNewJersey@gmail.com) or leave us a message at 908-879-9648. We respond as soon as possible to ensure you are able to begin taking Yoga classes with us.

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 renew.

An Exciting Opportunity to Expand your Yoga Practice!

- ~ Do you need assistance with a particular Yoga pose or flow?
- ~ Would you like some additional instruction for alternatives given in class?
- ~ Would you like to discuss your Yoga practice?

Schedule a 15-minute, private Zoom meeting to receive additional support from one of our teachers. There is a \$15 fee for this service.

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](#)

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

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.

Have a few minutes to spare?

Take some extra time for yourself with our Gradual Stretching and Deep Relaxation Videos by clicking the links below. They are extremely beneficial and we are happy to provide you with this additional support.

Gradual Stretching ~ 6 Minutes

<https://youtu.be/bG2OBEidYmI>

Deep Relaxation ~ 13 Minutes

https://youtu.be/sLYx_40KFhQ

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/ezFgzsnT8yk>

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.

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