

**There's still time to register
for tomorrow's
Expand Your Awareness Seminar!**

All are Welcome!

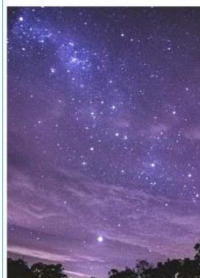
If you have yet to join one of these seminars, this is your opportunity to feel uplifted and inspired! Experience deep inner peace and learn techniques to continue your journey of inner expansion.

Join us via Zoom at **12:00 noon
on Sunday, May 16, 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:

- The Universal Laws
- Clarity of Life's Purpose
- Our Beautiful Chakras
- Radiant Health in Changing Times
- And More!



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

**Sunday May 16
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 May 16.**
Registered guests will be emailed a link to connect to the seminar via Zoom.



**FREE Front Porch Meditations
30 Minutes ~ Open to the Public
~ No experience necessary**

~Membership not required
~Pre-registration not required

Monday May 17 ~ 5:00 pm
Friday May 21 ~ 10:00 am

On-Site Yoga Class Schedule

If you love our virtual offerings, rest assured that the current schedule remains the same and will continue.

Current Schedule:

Mondays 6:00 pm
Tuesdays 12:00 noon
Wednesdays 9:30 am
Wednesdays 12:00 noon
Thursdays 9:30 am

- **8 students** will be permitted in each class
- **Advance booking** will reserve your spot in class
 - For details and how to reserve your spot, **[click here](#)**
- **Walk-ins welcome, as space allows**, on a first come, first serve basis. (For a guaranteed spot, please use advance booking.)
- **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 more of our offerings!

Walking Meditation ~ All are Welcome!

Wednesday May 19 at 10:00 am
~ Membership not required
~ No experience necessary

Call 908-879-9648 for Meeting Location

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

or

~Mondays at **11:00 am ~ New time!**

Learn More

Life After Life

~Offered by phone~

Wednesdays at **7:30 pm ~ Still time to join!**

Course runs for 12 weeks

Pre-registration is required.

Please contact the office to enroll.

Course Description and Pricing

New Instructor Certification Courses ~ Beginning 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

Wisdom Study Groups

Are you enjoying the Meditation Courses, Circles & Calls?

Would you like to explore a deeper understanding?

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.
-

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/bG2OBEidYml>

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