

Scheduling Note

In honor of Labor Day, the following classes will not be held on Monday September 6th:

Virtual Yoga Class 9:30 am

On-Site Yoga Class 6:00 pm

~SAVE THE DATES~

Sunday September 12 from 12:00 noon - 1:30 pm

Expand Your Awareness Seminar (scroll below for details)

Saturday September 25 from 12:30 - 2:30 pm

Make a Mala Necklace (108 beads) and learn Mindful Meditation and Japa Meditation (Fee: \$59)

Saturday September 25 from 3:30 - 4:30 pm

Become absorbed in the sound and vibration of Crystal Singing Bowls and experience deep relaxation and peace within. (Fee: \$20)

On-Site Yoga Classes

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

Current Schedule:

Mondays 6:00 pm ~ Geneviève (no class Sept 6th)

Tuesdays 12:00 noon ~ Danielle

Wednesdays 9:30 am ~ Karin

Wednesdays 12:00 noon ~ Danielle

Thursdays 9:30 am ~ Karin

All Virtual Classes are continuing

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Scroll below for more of our offerings!

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 (no class Sept 6th)

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 Course

~ Offered by phone ~

Meditation courses are a free gift with your membership.

Please contact the office to register.

Level 1

Choose from:

~Sundays 7:15-8:15 pm ~ Beginning September 12

or

~Mondays at 11:00 am-12:00 noon ~ Beginning September 13

Learn More

Life After Life Course

~Offered by phone~

Course runs for 12 weeks

Choose from:

~Thursdays 9:00-10:00 am ~ Beginning September 16

or

~Mondays 7:30-8:30 pm ~ Beginning September 20

Pre-registration is required.

Please contact the office to enroll.

Course Description and Pricing

New Instructor Certification Course

9 Month Course

Courses start in September

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

We Repair Mala Beads

\$25

~ If your Mala beads are broken and need repair,
we re-string and replace missing beads and tassels.

~ Please e-mail or call to inquire.

RoyalYogaNewJersey@gmail.com ~ 908-879-9648

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

Call 518-992-1091 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.

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, September 12, 2021.

All are welcome - new and returning guests!

[Learn more](#)

Have a few minutes to spare?

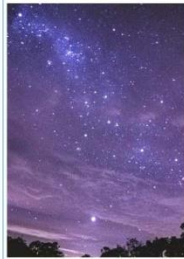
Take some extra time for yourself with our Gradual Stretching and Deep Relaxation Videos by clicking the links below. They are extremely beneficial and we are happy to provide you with this additional support.

Gradual Stretching ~ 6 Minutes

<https://youtu.be/bG2OBEidYml>

Deep Relaxation ~ 13 Minutes

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 September 12
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 September 12.**
Registered guests will be emailed a link to connect to the seminar via Zoom.

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>

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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.

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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