

Happy Fall!!!

Please note the following changes to the Yoga Class Schedule:

~Beginning November 1, the Tuesday evening Yoga class will be held at 7:00 pm. This is a previously recorded class.

~Beginning November 2, the Wednesday evening class will be held at 5:30 pm. This is a live class with Michele.

~There will be no class on Thursday November 24, Thanksgiving Day.

Next Expand Your Awareness Seminar is Sunday November 6!

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 Noon on Sunday, November 6, 2022.**

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 Power of Thought, Word and Feeling; Creating a Peaceful World
- Vibrant Living
- The Power of Gratitude
- Cultivating Inner Strength
- And More!

Sunday November 6
12:00 noon – 1:30 pm
Pre-registration is required

Fee: \$29.97
(Members receive 10% discount)

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

To register, please call or email The School of Royal Yoga.
Please register by **11:00 am on Sunday November 6.**
Registered guests will be emailed a link to connect to the seminar via Zoom.

Call or email today to reserve your spot in these upcoming courses!

Meditation Course

~ Offered by phone ~

Meditation courses are a free gift with your membership.

Please contact the office to register.

Level 1

~Wednesdays 9:30-10:30 am

Still time to join!

~Thursdays 7:30-8:30 pm

Still time to join!

Learn More

Life After Life Course

~Offered by phone~

Course runs for 12 weeks

Courses are offered throughout the year

Please inquire!

Pre-registration is required.

Please contact the office to enroll.

Course Description and Pricing

Virtual Yoga Class Schedule:

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

- Monday 9:30 am ~Michele
 - Tuesday 9:30 am ~Michele
 - Tuesday 7:00 pm ~Previously Recorded Class
 - Wednesday 5:30 pm ~Michele
 - Thursday 9:30 am ~Michele
 - Saturday 9:30 am ~Previously Recorded Class
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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

All classes are 60 minutes. Please note that substitutes may fill in for the scheduled teacher on occasion.

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.