

Sending Peace, Love & Light
to all this Holiday Season



Please note that there will not be a Yoga class running on:
Monday December 25
Tuesday December 26
Monday January 1

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We invite you to try Meditation for a peaceful start to the new year.

Meditation Course ~ New Courses Begin Soon

Meditation courses are a free gift with your membership.

Please contact the office to register.

Level 1

NEW Wednesdays 9:30-10:30 am, beginning January 3

NEW Tuesdays 7:00-8:00 pm, beginning January 9

Classes held By Phone

[Learn More](#)

We wish you and your families many Blessings for Health,
Happiness and Prosperity now and throughout the New Year!

The School of Royal Yoga