

## Happy Spring!

Scroll below for information on our upcoming schedule, including new dates for the Level 1 Meditation Course.

New members are always welcome~ join us today!

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### Upcoming dates for the Expand Your Awareness Seminar:

**May 5**

**June 9**

**July 14**

#### 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 **10:30 am**

All are welcome - new and returning guests!

[Learn more](#)

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### 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 May 5**  
**10:30 am – 12:00 noon**  
**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 **9:30 on Sunday morning**.  
Registered guests will be emailed a link to connect to the seminar via Zoom.

### Meditation Course

Meditation courses are a free gift with your membership. Please contact the office to register.

#### Level 1

**\*NEW\*** Mondays 11:00 am to 12 noon, beginning May 6

**\*NEW\*** Tuesdays 7:00-8:00 PM, beginning May 7

Classes held By Phone

[Learn More](#)

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## **Life After Life Course**

This 12 week course explores the transition into the afterlife. Become comfortable and let go of anxiety! Feel peace now and live a full life! Suggested Fee: \$225 (Membership not required ~ Members receive 10% discount).

Classes held By Phone

Courses forming throughout the year ~ please inquire for next dates.

### **Learn More**

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

## **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](mailto: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.
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## **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](mailto:RoyalYogaNewJersey@gmail.com)

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## **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](mailto:RoyalYogaNewJersey@gmail.com) ~ 908-879-9648

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## **Meditation Circles and Japa Meditation**

~Offered by phone~

Open to all, no registration required.

Mondays, Wednesdays, Fridays and Saturdays  
at 8:00 am

Call 518-992-1091 and when prompted,  
enter Access Code 279558#

**Learn More**

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**A reminder that you can 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](http://www.TheSchoolOfRoyalYoga.com)
- 2) Click the Purple 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.

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### **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](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.  
Wishing everyone continued health and peace.

***The School of Royal Yoga***  
**908-879-9648**