

Wishing everyone a Holiday Season filled with Peace,
Love & Light



Due to the holidays, there will not be a Yoga class running on:

Tuesday December 24

Wednesday December 25

Tuesday December 31

Wednesday January 1

Beginning Thursday January 2, the Yoga Class Schedule will be:

Monday 8:30 am

Monday 9:45 am ~ Chair Yoga

Tuesday 7:30 am

Tuesday 7:00 pm (pre-recorded class)

Thursday 7:30 am

Saturday 8:00 am (pre-recorded class)

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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 Mondays 11:00 am-12:00 noon, beginning January 6

NEW Wednesdays 7:00-8:00 pm, beginning January 8

Classes held By Phone

[Learn More](#)

Join us in the New Year!

**Upcoming dates for the
Expand Your Awareness Seminar:**
January 12
February 9
March 9

All are Welcome!

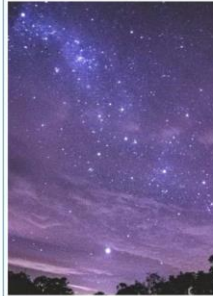
If you have yet to join one of these seminars, this is your opportunity to feel uplifted and inspired! Experience deep inner peace and learn techniques to continue your journey of inner expansion.

Join us via Zoom at **10:30 am**

All are welcome - new and returning guests!

[Learn more](#)

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!



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

Sunday January 12
10:30 am – 12:00 noon
Pre-registration is required

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

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.

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

The School of Royal Yoga