

With the changing of the seasons, we invite you to usher in Spring 🌸
by giving yourself the gift of Meditation!

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 7:30-8:30 pm, beginning March 24

NEW Wednesdays 9:30-10:30 am, beginning March 26

Classes held By Phone

[Learn More](#)

*****Continue Scrolling for information on our other offerings!*****



Upcoming dates for the

Expand Your Awareness Seminar:

March 9

April 6

May 4

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](#)!



Virtual Yoga Class Schedule

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

- Monday 8:30 am
- Monday 9:45 am ~ Chair Yoga
- Tuesday 7:30 am
- Tuesday 7:00 pm ~Previously Recorded Class
- Thursday 7:30 am
- Saturday 8:00 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) 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.

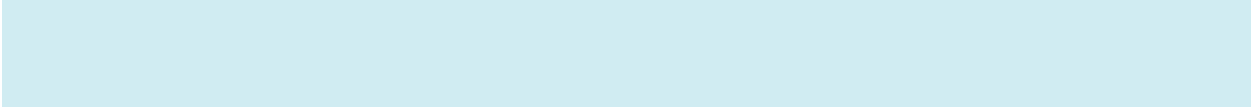
Wisdom Study Groups

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



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](#)



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
- 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.



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

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>

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.

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