

While still enjoying the last days of summer, we are looking ahead to all that we have to offer this fall! Scroll through and see what speaks to you, and as always, contact us with any questions.

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 September 13
10:30 am – 12:00 noon
Pre-registration is required

Suggested 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.

Upcoming dates for the

Expand Your Awareness Seminar:

September 13

October 11

November 8

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](#)!

Meditation Course ~ New Courses Begin in September

Meditation courses are a free gift with your membership.

Please contact the office to register.



Level 1

NEW Mondays 9:30-10:30 am, beginning September 14

or

NEW Wednesdays 7:00-8:00 pm, beginning September 9

Classes held By Phone

[Learn More](#)



Life After Life

New Course Begins on September 9th

Wednesdays 7:30-8:30 pm

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!

Classes held By Phone

Suggested Fee: \$75 with active membership or

\$175 without membership

[Learn More](#)

The Three-Fold Flame Course

Begins September 14

The Threefold Flame Course is a profound journey leading to deeper understanding of one's own Threefold Flame and the Love, Wisdom and Power that is the essence of one's being. It is an exciting course of Self-Discovery and greater awareness of Life.

Length: 9 weeks, Mondays 7:00 - 8:00 pm

Pre-requisite: Level 5 of the Meditation Course or recommendation by Teacher.

Suggested Fee: \$50 (Membership Required)

Classes held by phone.

Please call or email to register.



Let's Discuss Yoga Pose Alternatives!

Wednesday October 7th 7:00-8:00 pm

Free ~ All are welcome!

Please register to receive the Zoom login (908-879-9648 or RoyalYogaNewJersey@gmail.com)



Has Yoga ever felt too difficult, uncomfortable or simply not right for your body anymore? This practical, interactive class will show you how to modify familiar poses

and explore alternative ways to practice, so that you can feel comfortable and successful on the mat again.

Whether you are returning to Yoga after a long break, finding that your body needs something different or simply want more options, we will explore simple ways to adapt your practice for your needs and where you are today.

Yoga is for everybody~ and there is always a comfortable way to practice.

Class is held via Zoom and students are encouraged to submit questions in advance to ensure you get the answers you need.

Rest - Relax - Restore

Sunday October 18 7:30-8:30 pm

Free ~ All are welcome!

**Please register to receive the Zoom login, at 908-879-9648 or
RoyalYogaNewJersey@gmail.com**



An invitation to slow down, turn inward and reconnect with the quiet wisdom of your heart. This nurturing restorative Yoga class blends gentle movement, breath, supported poses and deep stillness to release what we no longer need and create space for peace, healing and renewal.

We will be offering relaxing Yoga poses, using pillows, blocks, bolsters and blankets.

Advanced

Violet Flame Workshop:

An Immersive Experience

Thursday October 22 2:00 – 3:30 or 7:00 – 8:30 pm

This workshop is appropriate for those that attended previous Violet Flame Workshops.



This 90-minute in person experience of the Violet Flame includes the use and understanding of the Blue Ray along with the Violet Ray. Techniques, Wisdom and deep integration of the Violet Flame and Blue Ray are all part of this special workshop.

Suggested Fee: \$65

Location: Chester, NJ (register for details)

Look for future Introductory Workshops in 2027!

Violet Flame workshops also offered in Morganton, NC. Please inquire.

Virtual Yoga Class Schedule

- 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.

Whole House Energy Clearing and Balancing

Does your home need an energy refresh? It may be time to clear heavy discordant vibrations that fill your home and influence how you feel, without you even knowing about it.

Grief, trauma, depression, anxiety, discord, worry, fear, anger all release energy that clings to the atmosphere, walls and furnishings.

Ancient Sacred techniques are offered to balance and restore the energies in your home to peace and lightness, promoting well-being on every level.

Contact Genevieve directly at genevieve.ford317@gmail.com to schedule or for more information.

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/bG2OBEidYmI>

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