



Welcome Home

732-899-9642- (Call/text)
726 Arnold Ave. Point Pleasant Beach, NJ
www.JoyfulLivingYoga.com

Please explore our website for class descriptions

In-Studio & Virtual Schedule

(Note: All Classes are available for both in-studio attendance and live streaming Online- with recording emailed, plus we offer an On-Demand Video Library too!)

All classes and offerings must be pre-registered online

All classes marked with stars (*) are gentle and perfect for beginners, those reconnecting with their bodies, or those seeking relaxation, stretching, and stress relief.

** Beginner-friendly with strengthening poses

** Gentle stretching

* Most gentle and restorative

MONDAY		
9:30am-10:45am	Joyful Flow (Elevate your mind and body with yoga)	Karen
5:30pm-6:45pm	Gentle Beginners Yoga (The best time to start something new is now) ***	Nicky (New Class!)
7pm-8pm	Yoga Nidra Meditation Only (Experience Profound Relaxation) *	Nicky (New Time!)
TUESDAY		
9:30am-10:45am	Slow Flow Yoga (Unlock your full potential) ***	Tracy
7pm-8:15pm	Gentle Stretch Yoga (New Flexibility and Peaceful Mind) **	Nicky
Wednesday		
9:30am-10:45am	Joyful Flow (Find your center and calmness with yoga)	Kate
7pm-8:15pm	Winter Warmth: Gentle Stretch Yoga & Restore w/Reiki Healing Energy (Renew and Restore) **	Julie (New Class!)
THURSDAY		
9:30am-11am	Slow Flow Yoga (A nourishing practice to recover and recharge) ***	Nicky
7pm-8:15pm	Slow Flow and Recharge (A Gentle Thursday Evening Reset) ***	Avita
FRIDAY		
9:30 -10:45 am	Slow Flow Yoga (Beginner friendly!) ***	Tori
SATURDAY		
8:30-9:45am	Gentle Yoga (Revitalize Your Spirit with Yoga) **	Karen
10am-11:15am	Slow Flow Yoga (A journey of self-discovery through yoga) ***	Roger (New Class!)
SUNDAY		
8:30-9:45am	Yin Yoga (Balance, Breathe, Be Blissful) **	Avita
10:00am-11:15am	Joyful Flow (Soothing, strengthening Sunday Yoga Session)	Kate
Some Sundays- Crystal Bowl Meditation at 11:30am- See Workshops on other page!		

Prices & Classes subject to change. No refunds or exchanges.

**We recommend beginning with our Intro. Special, to experience all teachers and diverse offerings:
2-Weeks of Unlimited Classes**

Studies show that a regular yoga practice impacts the individual with a positive life-altering shift.
We have a visiting travelers class pass and drop-ins available as well.

Additional Transformational Offerings

Must Pre-register online for all events.

www.JoyfulLivingYoga.com/workshops

Crystal Bowl Meditation Sound Healing w/Kate*

Sunday, January 5th at 11:30am- \$25

Are you tired of feeling drained, stressed, and disconnected? Do you yearn for a deeper sense of calm, clarity, and purpose? Join Kate for a nourishing 60-minute crystal bowl meditation to melt away tension, soothe your mind, and awaken your inner peace. Imagine yourself wrapped in a warm embrace of the crystal bowl vibrations, as they awaken your heart, quiet your thoughts, and rejuvenate your spirit. Learn more online

New Year, New You: A 5-Week Beginner's Yoga Journey

Saturdays, January 11th at 11:30am - 5 Week Beginners Yoga Series

Start the New Year with a practice that supports your body, mind, & spirit. Our New Year, New You series is a journey designed to guide you through the basics of yoga in a way that feels approachable and deeply transformative. Over five weeks, you'll learn foundational yoga postures, breathwork, & discover how to integrate yoga into your daily life. Each class builds on the last, allowing you to feel more confident and at ease both on and off the mat. Learn More online

Crystal Bowl Sound Healing and Guided Meditation w/Bob And Carol*

Sunday, January 12th at 11:30am- \$25

We're excited to announce a very special session with them, focusing on sound healing and meditation. This unique experience will begin with a guided meditation, followed by a Crystal Bowl Sound Bath. Join us to experience the transformative power of sound healing, which can:- Activate self-healing powers- Strengthen your immune system - Bring your body into harmony and homeostasis Give yourself the gift of serenity - you deserve to feel whole, happy, + peace.

Gentle Strength & Balance: A 4-Week Chair Yoga Series

Fridays, January 17th at 11:30 AM | Limited to 10 Participants

Sometimes, our bodies need a little extra care to regain balance and strength, and that's exactly what this series is all about. If getting up and down from the floor or doing traditional yoga classes has felt challenging, this class was created with you in mind. Over the course of four weeks, we'll take a slow, mindful approach to rebuild what feels lost—starting with the basics, and moving at a pace that respects your body's rhythm. Learn More online

Vision Board Workshop w/Krista Lynn

Sunday, January 19th at Noon

Ready to stop *dreaming* and start *doing* in 2025? This isn't your average vision board experience—this is a soul-aligned, intuition-fueled journey where you'll create a vision board for the year ahead with the guidance of Krista Lynn. With personalized Numerology insights and support, Krista will help you uncover what you truly want to manifest and how to bring that vision to life. Imagine being surrounded by like-minded individuals, all committed to living their best lives. Feel the powerful energy of the room and leave with a clear, actionable roadmap for the year ahead.

Crystal Bowl Meditation Sound Healing w/Kate*

Sunday, January 26th at 11:30am- \$25

See above description of crystal bowls

Create Your Own Mala Beads: A Journey of Intention

Sunday, Feb. 23rd at Noon -Learn more online

Private Sessions and Parties - Call to schedule

(One-on-one, or private group sessions, even parties/celebrations)

✨Yoga ✨Crystal Bowl Meditation Sound Healing ✨QiGong ✨Meditation ✨Well-Being Sessions

Book Online today! www.joyfulLivingYoga.com/workshops – a transformative experience awaits!

See More Online! More arriving sign up for our newsletter!

www.JoyfulLivingYoga.com/subscribe

Additional Transformational Offerings

Well-Being Sessions–

✨🌀 Reclaim Your Life, Embrace Joy: Sessions for Anxiety, Stress, and Life's Demands 🌀✨

Feeling overwhelmed by life's demands? Don't let anxiety and stress hold you back. Our Well-being Sessions are here to help you rediscover joy, alleviate anxiety, and conquer life's challenges.

✨ Why Choose Our Well-being Sessions? ✨

- 1 Rediscover Joy:** Life should be fulfilling! Our sessions help you reconnect with what truly matters, reignite your passions, and find a sense of purpose, so every day feels meaningful.
- 2 Anxiety and Stress Management:** Say goodbye to anxiety and stress! We equip you with effective techniques to navigate challenges, build resilience, and achieve a calmer, balanced state of mind.
- 3 Personalized Support:** Your journey is unique, and our coaching sessions are tailored just for you. We provide one-on-one guidance, empowering you to overcome obstacles, make positive changes, and reach your goals.
- 4 Lifestyle Balance:** Finding balance is essential. Our sessions focus on self-care, healthy boundaries, and time management, creating a fulfilling and sustainable life.

Don't let anxiety and stress hold you back from true joy and fulfillment.

Reclaim your life today with our Well-being Sessions.

Unlock your potential for happiness and success. Contact us now to embark on a transformative journey of self-discovery, resilience, and a life that truly feels like yours again. ✨🌀

🌟 Call/text: 732-899-9642

🌟 E-mail: JoyfulLivingYoga@gmail.com

Private Sessions and Parties:

(One-on-one, or private group sessions, even parties/celebrations)

✨Yoga ✨Crystal Bowl Meditation Sound Healing ✨Tai Chi ✨Meditation

Call/text for more information, or to set up a session- 732-899-9642.