

THE SCHOOL OF ROYAL YOGA, Inc.

September 6 - December 22



REGISTER EARLY & SAVE

By August 18, SAVE 10%; By September 3, SAVE 5%
OR

Register for 1 class, save 25% on your second

25% Discount applies to lower priced class.

Discounts apply to class registrations only; not applicable to walk-in cards or class packs.

YOGA CLASS PACKAGES

1 year unlimited \$79 per month - call for details

10 PACK \$160 15 PACK \$220 20 PACK \$290 Valid for 4 months

UNLIMITED CLASSES 1 MONTH UNLIMITED \$110 3 MONTH UNLIMITED \$299

Daily Walk-in \$18

YOGA CLASSES

College & H.S. Students Show your Student I.D. for 10% off!

Discounts may not be combined

CLASSIC HATHA YOGA

Open to all levels

Suggested Fees:

Monday

9:00 - 10:30 am	Michele	15 wks	\$225
4:15 - 5:15 pm	Jackie/Jane	15 wks	\$195

Jackie is visually impaired and will have a Teacher's Assistant

Tuesday

7:30 - 8:30 am	Sara	16 wks	\$208
9:00 - 10:30 am	see Intermediate		
5:30 - 6:45 pm	Kathryn	16 wks	\$224
7:30 - 8:30 pm	Marcela	16 wks	\$208

Wednesday

9:30 - 10:30 am	Kristen	16 wks	\$208
12:00 - 1:00 pm**	Kristen	15 wks no class 11/23	\$195
NEW 5:45 - 6:45 pm**	Maryrose	15 wks no class 11/23	\$195
7:30 - 8:30 pm**	Marsha	15 wks no class 11/23	\$195

Thursday **

9:30 - 10:30 am**	Jane	15 wks no class 11/24	\$195
NEW 12:00 - 1:00 pm**	Marcela	15 wks no class 11/24	\$195

Friday

9:00 - 10:00 am	Sara	15 wks	\$195
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Saturday *

7:30 - 8:45 am	Esster	12 wks	\$168
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Sunday *

7:00 - 8:00 pm	Karin	12 wks	\$156
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Sing Along & Yoga with Miss Miriam



Tuesday October 4, 4:00 - 5:00pm

Ages 5 - 8 (Parents welcome)

\$15 includes Children's Music CD

INTERMEDIATE

Tuesday

9:00 - 10:30 am	Michele	16 wks	\$240
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GENTLE

Monday

11:00 - 12:00 pm	Sara	15 wks	\$195
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CHILDREN

Wednesday ** (7 - 12 yrs)

4:45 - 5:30 pm	Maryrose	15 wks no class 11/23	\$144
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Saturday* (3 - 6 yrs)

Sept 17, Oct 1, 8, 22, 29, Nov 5, 19, Dec 3, 10, 17	Mary	10 wks no class 11/26	\$120
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10:45 - 11:30 am*	Mary	10 wks no class 11/26	\$120
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SPECIAL NEEDS YOGA

See page 2



Become a Yoga Instructor

or

Continue Your Training

(see page 3 for details)

No Classes:

*October 15 & 16, November 12 & 13

**Closed Nov 23 after 9:30 class & Nov 24. Classes resume Nov 25.

57 Main Street ♦ Chester, NJ

Office Hours: Mon. - Thurs. 9:00 am - 12:30 pm & 1:00 pm - 3:00 pm

www.TheRoyalPathwaysInc.com 908-879-9648 RoyalYoga@embarqmail.com

SEPTEMBER 18 OCTOBER 23 NOVEMBER 20

Enrich Your Life!



Join us and receive

- Instructions for achieving and maintaining radiant health
- Stress relief techniques you can use anytime
- How to remove limitations and open up to new possibilities
- Simple, yet profound, ways you can help the world become a more positive place for everyone – including yourself!

1:00 – 4:00 PM

\$99 PER SEMINAR

Life after Life



All Are Welcome!

- Do you have a loved one who has recently passed?
- Do you worry about your own passing?
- Do you wonder what happens when a person crosses over?
- Would you like to feel more meaning in your life now?

Become comfortable and let go of anxiety!

Feel Peace Now and Live a Full Life!

- Life After Life is a series of 6 classes.
- Each class builds upon the prior classes.
- Attend one or plan to attend all six!
- Register now for all 6 and save!

10:00 AM – 12:00 NOON

Suggested Fee: \$69 for each 2-hour class

Discount available for pre-payment of all 6 sessions – please inquire.

FOR MORE INFORMATION CONTACT: **908-879-9648** OR ROYALYOGA@EMBARQMAIL.COM

The Center for Special Needs

CHILDREN'S YOGA

This program is designed for Special Needs Children.

Saturdays

12:00 - 1:00 pm Ages 9 & up

Sept 17, Oct 1, 8, 22, 29, Nov 5, 19, (no class Nov 26) Dec 3, 10, 17

Yoga offered by our supportive, loving and professional staff gives your child the opportunity to soar to his highest potential. Discover how Yoga can improve your child's ability to focus and concentrate, and support the development of fine and gross motor skills. Learn how Yoga contributes to an increase in successful communication and the desire to build responsive and interactive relationships. (Private classes available upon request - Please inquire.)

Suggested Fees:

\$120 (10 wks)

TEEN - YOUNG ADULT YOGA

This program is tailored to Special Needs Teens and Young Adults.

Thursdays 4:15 - 5:00 pm

Sept 8 - Dec 22 (no class Nov 24)

\$180 (15 wks)

Yoga assists the ability to focus and concentrate and helps improve both fine and gross motor skills. It contributes to improved communication and an increased desire to build responsive and interactive relationships. Students readily and joyfully respond to the visuals, the poses, the breathing and the FUN!

GENTLE YOGA

Mondays 11:00 am - 12:00 pm Sept 12 - Dec 19

\$195 (15 wks)

This class offers Extra Gentle Yoga for those who enjoy moving slowly and gently, those who have not exercised in a while and those in recovery or receiving physical therapy. Extra Gentle Yoga will help you to develop your confidence in Yoga and improve your energy level, while gently stretching and nurturing your body.

The Center for Special Needs, Inc. is the non-profit outreach of The School of Royal Yoga, Inc. It was formed to address the community's alternative needs through specific Yoga curriculum. We serve people of all ages and levels of physical and economic ability to enhance, sustain, and improve the quality of life. All services are offered without regard to a person's race, creed, religion, gender, origin, or ability to pay.

If you or someone you know has an interest in any of the programs, please call **908-879-9648** for more details. We are happy to offer these programs at your location.

We are a featured Charity on AmazonSmile. Next time you shop on Amazon, Go to Smile.Amazon.com
Please consider selecting The Center for Special Needs as your Charity. Thank you for your support!



Become a Certified Yoga Instructor

In this course, you will:

Experience thorough study in **Ancient Wisdom** from our Master – the Eight Branches, the Chakras and more

Learn the foundational **Asanas** and 100's of variations, including body placement, breathing, and the physical & subtle benefits of each

Experience and learn how to teach five Sacred Breaths (**Pranayama**)

Study 11 systems of the body's **Anatomy** and the most common disorders

Learn how to recognize and assist when a student needs **Alternatives**

Learn how to offer guided **Visualizations** and bring students into stillness & relaxation on every level

Learn how to **Teach, Inspire and Uplift** – helping each student feel peace, love and wellness throughout a balanced class

Upcoming Courses:

Nine-month Course - meet 3 times a month for 9 months

September 2016	Tuesdays	9:30 am - 12:30 pm
September 2016	Saturdays	9:00 am - 12:00 pm
January 2017	Thursdays	9:30 am - 12:30 pm

Six-month Intensive format also available

Classes meet for 3 weekends (Friday evening-Sunday morning) with 2-hour weekly in-person or online classes in between.

New course starting soon - Please inquire.

INSTRUCTOR TRAINING COURSE TESTIMONIALS

- ◆ "The Instructor Certification Course exceeded my expectations on all levels. The instruction is professional and the curriculum offers a complete balance of all the aspects of Yoga. It was a wonderful experience."
- ◆ "This course was the best thing I could have done for myself!"
- ◆ "The Yoga instructor training has shown me how to tune into my body and to dwell within my spirit self. It has been a tremendous gift."

FURTHER YOUR YOGA PRACTICE

PRENATAL YOGA INSTRUCTOR

New course starting soon - Please inquire.

Yoga strengthens and prepares the body for labor and delivery and relieves discomfort and fatigue. The babies receive many benefits as well. Learn poses, alternatives and cautions appropriate for pregnancy. \$1,200



GENTLE/CHAIR YOGA INSTRUCTOR

New course starting soon - Please inquire.

Many people, including those with chronic conditions, recovering from injury or in physical therapy can benefit from a gentler version of Yoga that moves at a slower pace. \$1,200



To submit an application for Instructor Certification please call 908-879-9648.

Our Beginner Yoga Instructor Certification is a Pre-requisite to these courses.



CHILDREN'S YOGA INSTRUCTOR

New course starting soon - Please inquire.

Meets for 3 five hour classes and 7 one hour conference calls.

Do you love working with children? This exciting three month course provides everything needed to successfully teach Yoga to children. The course includes: The Ancient Wisdom of Yoga, the study of child development, unique and fun-filled ways to teach Yoga Asanas, Pranayama, Relaxation and more. \$1,200

You Deserve Deep Relaxation

iMRS - Intelligent Magnetic Resonance Stimulation

Pulsed Electromagnetic Frequencies (PEMFs) are applied to either the whole body or parts of the body. PEMFs are only needed for short periods of time, while the effects last for many hours, setting in motion cellular and whole-body changes to restore and maintain balance in metabolism and health.

Suggested Fee **\$20 +1.40 tax per session**

Reiki

Reiki means "Universal Life Force Energy." This holistic method of "hands-on" healing brings a greater flow of positive energy. Reiki brings balance to the physical, mental and emotional aspects of your being.

Suggested Fee **\$75+5.25 tax for 60 minutes**

BioMat

Uses Far Infrared, Negative Ions & Amethyst Crystal

Simply sit or rest on the 1 inch thick, 17 layer BioMat and receive the synergistic effects of Infrared Light, Amethyst and Ions. Experience deep relaxation as the far infrared light brings warmth and healing energy through out your being. Relieve Pain and Joint stiffness, Reduce Stress Fatigue and Inflammation, Decrease Hyperactivity, Strengthen Immune and Cardiovascular Systems, Detoxify cells, Rejuvenate skin, Induce Delta state of Deep Relaxation, Regulate Psychological Well-Being, Faster Recovery from surgery/Athletics

Suggested Fee **\$35 + 2.45 tax for 45 minutes**

BioMats are available for purchase. Please inquire.



Resonant Light

Resonant Light Therapy utilizes sound and light frequencies to create balance and harmony within all the cells in the body. These frequencies resonate within the body, restoring a natural state of health and well-being. Programs include protocols for Viruses and Bacteria, Allergies, Cancer, Candida, Chronic Fatigue, Depression, Diabetes, Fibromyalgia, Hormone Balance, Lymph and Detox, Lyme Disease, Pain Control and General Health. Resonant Light Therapy is non-contact. The client relaxes in a soothing environment while the sound and light frequencies flow through the body from a comfortable distance.

Suggested Fee **\$65 + 4.55 tax for 60 minutes \$75 + 5.25 tax for 90 minutes \$225 + 15.75 tax for five 60 minute appts.**

Platinum Energy Systems Detox Footbath Spa

This relaxing treatment greatly benefits the lymphatic system as the toxins in the body are drawn out through the feet. This 60 minute treatment begins by soaking your feet in a warm footbath that has an instrument placed in the water to begin the detoxification process. Once the 35 minute detoxification process is complete the feet are placed in another warm footbath along with pure essential oils, followed by a gentle massage.

Suggested Fee **\$75 +5.25 tax for 60 minutes**

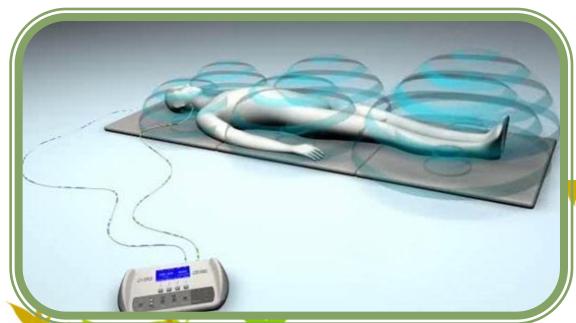
To schedule your appointment Please call **908-879-9648**



iMRS - Intelligent Magnetic Resonance Stimulation

- The primary benefit of this method of treatment is the resonance effect of pulsating electromagnetic fields (PEMF) in the body. Vibrations are transmitted as purposeful information to unhealthy cells whose function has been stressed and disturbed.
- The iMRS is classified as "intelligent" because it is digital, programmable, and has a biofeedback system.
- The iMRS is useful for pain, chronic conditions, exhaustion, stress, depression, anxiety, Autism, ADD, and ADHD and many other conditions.

Suggested Fee **\$20 +1.40 tax per session**



Would you like an iMRS for home use? Please inquire.