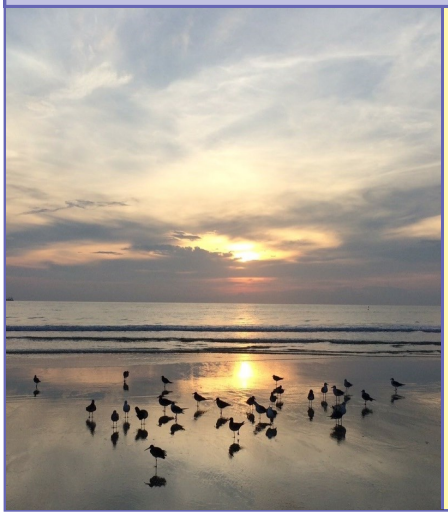
THE SCHOOL OF ROYAL YOGA, Inc.

July 6 - September 3



REGISTER EARLY & SAVE

By June 12, SAVE 10%; By June 30, 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 C	8 wks	$120
4:15 - 5:15 pm ➤	Jackie/Jane	7 wks (no class 8/8)	$91
	Jackie is visually impaired and will have a Teacher's Assistant		
Tuesday			
7:30 - 8:30 am	Sara	8 wks	$104
9:00 - 10:30 am	see Flow & Strength		
5:30 - 6:45 pm	Kathryn	8 wks	$112
7:30 - 8:30 pm	Marcela	8 wks	$104
Wednesday			
9:30 - 10:30 am	Kristen	9 wks	$117
12:00 - 1:00 pm ➤	Kristen	8 wks (no class 8/10)	$104
7:30 - 8:30 pm	Marsha	9 wks	$117
Thursday			
9:30 - 10:30 am	Jane	9 wks	$117
Friday			
9:00 - 10:00 am	Sara	9 wks	$117
Saturday *			
7:30 - 8:45 am	Esster	7 wks	$98
Sunday *			
7:00 - 8:00 pm	Karin	6 wks	$78

SPECIAL NEEDS YOGA

See page 2

FLOW & STRENGTH

			Suggested Fees:
Tuesday			
9:00 - 10:30 am	Michele C	8 wks	$120

GENTLE

Monday ➤			
11:00 - 12:00 pm	Sara	(no class 8/8) 7 wks	$91

PRENATAL

NEW TIME

Wednesday			
6:15 - 7:15 pm	Sara	9 wks	$117

Sing Along & Yoga

with Miss Miriam

Tuesday July 12, 3:00 - 4:00pm

Children Ages 5 - 8

4 year olds are welcome with Parent only

All parents welcome to stay

$15 includes Children's Music CD

Children's Yoga Camps

Children Enjoy the Beauty & Benefits of Yoga!

Monday - Thursday August 8 - 11

Ages 3 - 6 12:30 - 2:00 pm Ages 7 - 12 2:30 - 4:00 pm

Suggested Price:

$85 Weekly $23 Daily

(see page 2 for details)

Become a Yoga Instructor! **(see page 3 for details)**

* *No Classes: July 23 - 24, August 20 - 21*

➤ *No Class week of August 8*

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*

join us to explore many ways to

Enrich Your Life

- 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!

JULY 17
1:00 – 4:00 PM
$99

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

AUGUST 28
1:00 – 4:00 PM
$99

A fun-filled week!

CHILDREN'S YOGA CAMP

Register TODAY!

Monday, August 8 - Thursday, August 11

Ages 3 - 6 12:30 - 2:00 pm Ages 7 - 12 2:30 - 4:00 pm

Suggested Price:

$85 Weekly $23 Daily

Our Yoga camp focuses on the full expression of Yoga and offers:

- Yoga poses and breathing
- Caring for the body
- The importance of proper nutrition
- Age appropriate games, stories and songs

Campers learn respect, honesty, compassion, positive self-esteem, and an awareness of others

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

July 9, 16, 30, August 6 &13

Suggested Fees:

$60 (5 wks) **or any 3 wks for $36**

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.)

TEEN - YOUNG ADULT YOGA

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

Thursdays 4:15 - 5:00 pm

July 7 - August 4

$60 (5 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 July 11, 18, 25, August 1, 15, 22, 29 (No class August 8) **$91** (7 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

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.
Next Course begins August 2016

Did you know?
The School of Royal Yoga has been in business internationally since 1990, offering Instructor Certification since 1995.

Contact us today to schedule your interview!
The School of Royal Yoga, Inc.
908-879-9648 RoyalYoga@embarqmail.com
www.TheRoyalPathwaysInc.com

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.

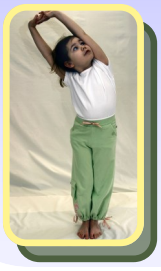
Yoga strengthens and prepares the body for labor and delivery and relieves discomfort and fatigue. The babies receive many benefits as well. Learn poses, alternatives and cautions appropriate for pregnancy. *$1,200*

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 9 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 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.**

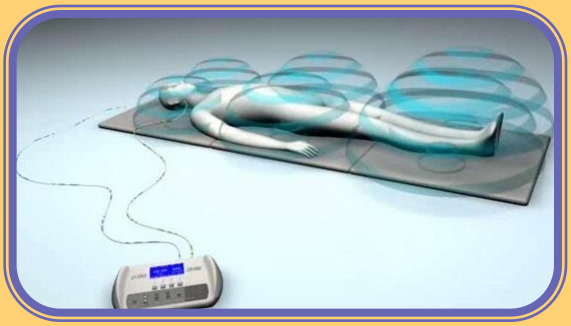
Platinum Energy Systems Detox Footbath Spa

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.

Victori Productions, LLC

Summer 2016

Meditation

Does the pace of your life affect how you feel?

If your everyday life feels stressful and is starting to take a toll, either physically or emotionally, take a giant step forward NOW toward ***lasting peace and happiness***, no matter what the outer circumstances might be. ***Join us - you deserve it!*** These meditation courses are designed for your flexibility. Each level is a nine week course consisting of three segments. To complete a level, take segments one at a time or sign up for the entire nine week course. This meditation course is offered in sequence so completing one segment or level before advancing on to the next is required.

Why Wait Any Longer? Give yourself the Gift of Peace & Serenity this Summer!

MEDITATION *ON-SITE*
Suggested Price: $60*/3 week segment

LEVEL 1
Please call for upcoming course dates

MEDITATION *BY PHONE*
Suggested Price: $65*/3 week segment

LEVEL 1
Thursdays 5:30-6:30 pm Eastern June 9, 16, 23

Register Today!

Call: 908-617-0411 ◆ Email: Office@VictoriProductions.com

On-site classes held at The School of Royal Yoga 57 Main Street Chester, NJ 07930, unless noted otherwise

REIKI 1

Sunday July 17 10:00 am - 5:00 pm Suggested Price: $150 in advance, $175 at the door
at Therapeutic Massage & Training Center, 560 Springfield Ave, Suite H Westfield, NJ

Reiki is a Holistic method of hands-on healing that brings a greater flow of positive energy into one's life, leading to feelings of deep relaxation, serenity, relief from pain, and creating greater balance on the physical, mental, and emotional levels. Learn the history of Reiki and step-by-step instructions on how to offer a Reiki treatment. Upon completion you will be a Certified Reiki Practitioner and may begin to give the gift of your healing touch!

JAPA MEDITATION CLASS

Sundays 4:15 - 5:00 pm Offered By Donation
June 12, July 17 or August 28

Japa Meditation is very simple, and offers uplifting benefits for yourself, mankind and the earth! Join us and learn how to use ***mala beads*** for Japa Meditation, as well as experience Pranayama (Correct Breathing) which complements this practice.

Mala beads are available for purchase or you may bring your own.

KIRTAN

Saturday June 11 7:30 - 8:30 pm **Offered By Donation**

Chanting (Kirtan) is part of the devotional path of Yoga that moves through the mind and opens the heart. The "call and response" chants are an ancient and sacred music tradition with simple and repetitive melodies that are enjoyed by audiences of all ages!

Reconnect with the True Heart and the Universal Light within all!

PEACEFUL KNITTING AND CROCHET FOR EVERYONE

Mondays 1:00 - 2:30 pm **$105/7 weeks**

July 11, 18, 25 August 8, 15, 22, 29 ***New registrations accepted at anytime.***

Now is the perfect time to learn to knit - or learn new techniques! Join us and learn everything you need to know, from the very basics to that tricky next step in your current project. Work on your own choice of project, at your own pace, in a peaceful setting. Choose from class patterns with detailed instructions, or bring your own. A list of supplies will be provided in advance to all who register. Price includes project patterns, instruction and time to knit in class.

HEALTHY HOME NATURALLY

Wednesday July 20 7:00 - 8:30 pm **$15/person**

This workshop will focus on how to clean your home using all-natural products that are also environmentally safe. Join us to learn how to disinfect naturally and the importance of keeping a clean home and work-environment to prevent spread of bacteria, viruses and disease.

Paricipants will make several natural cleaning products to take home.

PRACTICAL USES OF

EVERYDAY ESSENTIAL OILS

Tuesday August 16 7:00 - 8:30 pm **$15/person**

Learn the practical uses of everyday essential oils that can become your new "First Aid" kit. Discover how to use these therapeutic grade essential oils through diffusing, applying neat, and as aroma therapy.

A handout with the benefits and uses of the oils will be provided. ***Participants will make their own body oil to take home, along with a sample bottle of their favorite oil from the presentation.***

BACH FLOWER REMEDIES: Introductory Course — meets by Phone

Tuesdays 8:30 – 9:00 PM (Eastern) ***Class 1*** **Begins June 28** ***or*** ***Class 2*** **Begins August 9**

Price: $150.00 for 5-week session

Learn how to reduce the stress in your life and help friends, family and even pets to live happier and more fulfilled lives using the Bach Flower Remedies. Experience **Bach Flower Remedies** first hand and learn to incorporate them into your daily life. This introductory course will explore the 38 Bach Flower Remedies to help you balance your emotional wellbeing. Participants will learn how to identify what remedy is best suited to a situation and person.

Full Bach Remedy Kits Available for purchase: $550+tax. Kits may be ordered when registering, to be received by the first class. *Please allow 1 week after ordering for shipping.*

Are you interested in achieving great health for yourself and others and earning income while doing so? A business opportunity is available in the holistic health field! Contact us today to learn more about the iMRS and how it can open up new possibilities beginning immediately!