



The School Of ROYAL YOGA

Fall 2011

Fall Session Begins September 7 (No classes on 11/23)

Adult Beginner Hatha Yoga

FALL - 2011

All Levels Welcome!
Alternatives are offered
for all levels.

Tuesdays 11:30 am -12:30 pm -
9/27 - 12/20 (No class October 18)

NorthShore Dance Academy
27 Garden Avenue, Danvers
\$120/12wks. Walk-in \$13



Your first class is
complimentary!

Wednesdays 5:00-6:15 pm -
9/7- 12/21 (No class 10/19, 11/23)

Manchester Community Center
\$168/14wks. Walk-in \$15



Great Discount! Register In Advance By September 6 - Pay Only \$9/class!

*Please inquire about Senior, Gentle, Prenatal & Children's Yoga classes
opening soon in your area!*

Enrichment Classes

Yoga For Balance

Tuesdays, Sept. 6, 13, & 27th
4:00-5:15 pm; \$36

Manchester Community Center,
Manchester

Bring focus to finding balance on all levels in your life! This Yoga class series will present asanas that help you gain confidence, stability & strength and provide moments of stillness that help you discover a balance in your home and work life as well. Please come dressed for Yoga. Bring your own mat or borrow one of ours. For Adult Beginner and Advanced Beginner levels.

Reflexology For General Health

Tuesday, Nov. 8th; 1:00-3:00 pm
\$30

Manchester Community Center,
Manchester

Prepare for cold & flu season with basic reflexology to boost your general health. Learn & practice the lines for the respiratory & skeletal systems, and other helpful points such as the adrenals and sinuses. Add these techniques to your self-care regimen to increase blood and lymphatic circulation. Take home practice charts for your reference. Ages 18-adult.

Make A Gratitude Bracelet!

Saturday, Nov. 5; 1:00-3:00 pm
\$35 includes supplies

Skin To Soul Massage
38 Montvale Avenue, Stoneham

Craft a wearable reminder of all that you have or create a sparkling gift for a special someone. Learn the basics of crimping clasps, stringing beads and charms for a unique expression of this most powerful sentiment. Students will choose from kit colors provided. All supplies included. Ages 16-Adult. Class size limited to 12. Pre-registration required by 10/30.

YOGA INSTRUCTOR CERTIFICATION COURSE

Yoga Instructor Certification Course - Manchester, MA

Wednesday, September 14th through May, 2012; Manchester Community Center,
Manchester; 6:30-9:30 pm

Begin a New Career! Improve your life and help others! Join this comprehensive course and become a Certified Yoga Instructor in only nine months. This powerful training course includes: In-depth study of the Ancient Wisdom of Yoga, complete guidance for instructors on all aspects of Beginner Yoga Asanas, a comprehensive study of eleven systems of the body and more. This Instructor Certification Course is a beautiful gift for your personal and professional unfoldment. Become a Yoga Instructor or deepen your practice and expand Yoga in your daily life. Price of \$3,500 includes Instructor Manual, textbook, Sanskrit CD and one Yoga class per week.

Free Introductory Presentations Available By Appointment At Your Convenience. (978) 559-1974.

OR Free Online Interactive Webinar Presentations Are Available at

<http://www.theroyalpathwaysinc.com/>

(Online presentations generally scheduled on Thursdays 11:30 am, and Wednesdays 12 pm)

TELEPHONE MEDITATION COURSE

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. The lessons are offered in sequence so completing one segment or level before advancing on to the next is required.. All you need is a phone and a quiet place to call. Pre-registration is required. Upon registration you will receive an information packet, a call-in number and pin code.

| | | | |
|----------------|-----------------------------|---------------------------|--|
| Level 1 | Tuesday Three Week Segments | 8:15 - 9:15 PM | Nine-Week Course Sept. 13- Nov. 15 \$195 |
| | Segment 1: Sept. 13,20,27 | Segment 2: Oct. 4, 11, 18 | Segment 3: Nov. 1, 8, 15 \$65 Each Segment |

FREE Webinar: Introduction to Meditation Webinars available upon request for individuals or groups - please inquire! Register at www.TheRoyalPathwaysInc.com, click on Meditation; or call the office to receive a call-in # and internet link.

For more information on Yoga & Meditation Classes, or Instructor Certification phone **(978) 559-1974**

Email: RoyalYoga7@hotmail.com

The School of Royal Yoga

Register Now For \$9/class!

Ask About Chair Yoga, Children's, & Prenatal Programs!



The School of Royal Yoga
P.O. Box 804
Rockport, MA 01966

Yoga For Cross-Training \$15/class

Saturday, 10/1 8:30 - 9:30 am

Location: Skin to Soul Massage
38 Montvale Avenue, 3rd Floor
Stoneham

Designed specifically to balance over-trained and over-used muscles, this workshop will introduce stretching and asanas to lengthen wrist flexors and IT bands, open shoulders and strengthen core muscle groups. Hatha Yoga provides the opportunity to practice 'staying in the moment', which frees the mind for quicker reaction time on the course, court and track. Gain balance and perspective and experience inner peace with this relaxing class. Join us for one or both classes at \$15/class per student.

Yoga For Diabetes \$40/4 Wk. Session: Tuesdays 11/22-12/13 7:00-8:00 pm

Location: Beverly Council on Aging
90 Colon Street
Beverly

(This gentle class is offered through the Beverly Recreation Department.) Lower your stress levels through gentle Hatha Yoga! Assist your body in balancing glucose levels by this practice designed to stimulate and strengthen all systems in the body and increase feelings of well-being. No experience is necessary – all levels are welcome! This class is a combination of chair, mat and standing poses, along with instruction in correct breathing and relaxing visualization. Register through the Beverly Recreation Department at (978) 921-6067.
(Email: bevrec@beverlyma.gov.)

NEW! Telephone Visualization



Need a Moment of Peace or Relaxation?

- ◆Would you like to start or end your day with a peaceful focus?
- ◆Are there times during the day when you would benefit from a few minutes of relaxation?
- ◆Do you have trouble falling asleep?
- ◆Do you sometimes wake at 2 am and have difficulty returning to sleep?

Sign up for our new Call-in Line! Call in anytime day or night and listen to a recorded Visualization or Relaxation. For just \$14.95 you receive unlimited calls for one month! Try it for a month and feel the difference!
(New visualizations are posted every three days.)

Register today to receive your call-in number and access code: **Call 908-879-9648 or**

Email: RoyalYoga@embarqmail.com

The School of Royal Yoga (New Jersey Main Office) • 57 Main Street Chester, NJ •

Please visit our website at www.TheRoyalPathwaysInc.com