

# Joyful Yoga and Spa

Real Yoga For Real People

3405 Pelican Landing Pkwy  
Bonita Springs, FL 34134

**New Student Special**  
**\$79 for 30 Days of**  
**Unlimited Yoga!**  
For New Students Only. No Refunds or extensions.

### Class Rates

Monthly Unlimited (Auto) \$119	1 Month Unlimited .....\$160
5 Class Pack .....\$85	Drop In .....\$20
10 Class Pack .....\$150	Drop In (Student with ID) \$10
20 Class Pack .....\$280	*Class packages valid for 1 year
Private Session 60min .....\$90	

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<p>8:00-9:00 am <b>Mellow Morning Flow</b> Joyce Sharp</p> <p>9:00-10:00 am <b>Empower Hour</b> Amey Williams</p> <p>9:30-10:45 am <b>Yoga Basics &amp; Yoga Nidra</b> Jacqueline Chiodo</p> <p>10:30-11:30 am <b>BUTI Lite</b> Joyce Sharp</p> <p>4:30-5:45 pm <b>Yin Yoga</b> Aurena Green</p> <p>6:00-7:00 pm <b>BUTI Yoga</b> Linda Hutzler <i>[Music may contain explicit language]</i></p> <p>6:00-7:15 pm <b>Joyful Yoga Basics</b> Aurena Green</p>	<p>7:30-8:30 am <b>Mellow Morning Flow</b> Amy Hutto</p> <p>8:30-9:30 am <b>Empower Hour</b> Sarah Winner</p> <p>9:00-10:15 am <b>Intermediate Yoga &amp; Meditation</b> Howard Martin</p> <p>10:45-12:00 pm <b>Gentle Yoga</b> Tess Chiodo</p> <p>11:00 –12:00 pm <b>Chair Yoga</b> JoAnn Ralph</p> <p>4:30-5:45 pm <b>Yin Yoga</b> JoAnn Ralph</p> <p>6:00-7:00 pm <b>BUTI Yoga</b> Emily Chiodo <i>[Music may contain explicit language]</i></p> <p>6:15-7:30 pm <b>Restorative Yoga</b> Suzanne Kerr</p>	<p>8:00-9:00 am <b>Mellow Morning Flow</b> Marti Dowman</p> <p>9:00-10:00 am <b>Empower Hour</b> Lizz Cohoon</p> <p>9:30-10:45 am <b>Yoga Basics &amp; Meditation</b> Jacqueline Chiodo</p> <p>10:30-11:30 <b>BUTI Lite</b> Joyce Sharp</p> <p>4:00-5:00 <b>Inner Peace</b> Jane Strathman</p> <p>5:30-6:30 pm <b>Warm Vinyasa Flow</b> Sarah Winner</p> <p>6:00-7:15 pm <b>Yoga Basics</b> Amey Williams</p>	<p>7:30-8:30 am <b>Mellow Morning Flow</b> Amy Hutto</p> <p>9:00-10:15 <b>All Levels Chakra Flow</b> Jacqueline Chiodo</p> <p>10:45-12:00 pm <b>Gentle Yoga</b> Tess Chiodo</p> <p>11:00 –12:00 pm <b>Chair Yoga</b> JoAnn Ralph</p> <p>4:30-5:45 pm <b>Yin Yoga</b> Suzanne Kerr</p> <p>6:00-7:00pm <b>BUTI Yoga</b> Joyce Sharp <i>[Music may contain explicit language]</i></p> <p>6:15-7:30 pm <b>Restorative Yoga</b> Betty Frank-Bailey</p>	<p>8:00-9:00 am <b>Mellow Morning Flow</b> Marti Dowman</p> <p>9:00-10:00 am <b>Empower Hour</b> Amey Williams</p> <p>9:30-10:45 am <b>Yoga Basics &amp; Yoga Nidra</b> Jacqueline Chiodo</p> <p>10:30-11:30 am <b>BUTI Lite</b> Joyce Sharp</p> <p>4:00-5:00 pm <b>**Intro to Meditation**</b> <b>First Friday of The Month Only</b> Tess Chiodo</p> <p>5:45-6:30 pm <b>Prenatal Yoga</b> Casey Sodana</p>	<p>8:30-9:45am <b>Yoga Basics</b> Marti Dowman</p> <p>9:00-10:00 am <b>Joyful Flow</b> Joyce Sharp</p> <p>10:00-11:00 am <b>BUTI Yoga</b> Emily Chiodo <i>[Music may contain explicit language]</i></p> <p>10:45– 12:00 pm <b>Gentle Yoga</b> Marti Dowman</p> <p>12:30-1:30 pm <b>Kids Yoga</b> Katie Jenkins</p>	<p>8:00-9:00 am <b>Joyful Flow</b> Natalie Henne</p> <p>8:30-9:30 am <b>Buti Flow</b> Linda Hutzler <i>[Music may contain explicit language]</i></p> <p>9:30-10:45 am <b>Yoga Basics &amp; Meditation</b> Tess Chiodo</p> <p>10:00– 11:00 am <b>Empower Hour</b> Sarah Winner</p> <p>11:15-12:30 pm <b>Gentle Yoga</b> Karyl Walter</p>



# Joyful Yoga and Spa Menu

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<u>Massages</u>	<u>Facials</u>	<u>Ayurvedic Treatments &amp; Energy Work</u>	<u>Body Rituals</u>	<u>Enhancements</u>	<u>Tess's Favorite Facial</u>
mm20461	<b>Joyful Yoga Signature Facial</b>	<b>Reflexology</b>	<b>Paradise Exfoliating Scrub</b>	<b>Tinting</b>	Combine Derasound & Dermaplaning for AMAZING results!
<b>Joyful Yoga Signature Massage</b>	50 min....\$95	60 min....\$90	\$145	Lash or Brow....\$20 Lash and Brow....\$35	
60 min....\$95 90 min....\$135	<b>Dermasound</b>	<b>Biofeedback</b>	<b>Blueberry Soy Slimming</b>	<b>Hair Removal</b>	<b>\$165</b>
<b>Therapeutic</b>	\$145	120 min....\$195	\$145	Brow....\$20 Lip or Chin ....\$15 Full Face....\$55 Underarms....\$30 Half Arm....\$30 Whole Arm....\$55 Half Leg....\$45 Whole Leg....\$70	-Reduce Lines and Wrinkles -Minimize Pores -Increase Hydration -Decrease Pigmentation -Improve Acne, Rosacea and Psoriasis
60 min....\$105 90 min....\$145	<b>Dermaplaning Facial</b>	<b>Ayurvedic Consultation</b>		<b>Facial Add Ons</b>	“Embrace non-invasive ways to create more youthful, beautiful, healthy skin”
<b>Deep Tissue</b>	\$150	60 min....\$125		Lip Treatment....\$15 Eye Treatment....\$25 Eminence Peel....\$30 Dermaplaning (with Derasound)....\$20	-Tess Chiodo
60 min....\$115 90 min....\$155	<b>Crystal Clear</b>	<b>Swedana Steam Therapy</b>			
<b>Prenatal Massage</b>	90 min...\$145	\$85			
60 min....\$115 Series of 6 ...\$621	<b>Chemical Peel</b>	<b>Reiki</b>			
<b>Warm Stone</b>	\$145	60 min....\$90			
60 min....\$115	<b>LED Facial</b>				
	\$150				
	<b>High Frequency Facial</b>				
	\$135				
	<b>Ion Lifting Neck Treatment</b>				
	\$45				
	Add onto any treatment				
				<b>Himalayan Salt Scrub</b>	
				Back....\$55 Foot and Calf....\$35 Hand....\$35	

## Joyful Yoga Spa Policies

**Payment:** Major credit cards as well as cash are accepted. Gratuities are not included in the individual fee for each service.

**Gratuities:** Gratuity envelopes are available in the therapy room and front desk. Gratuities are appreciated and at your own discretion. Please note gratuities cannot be charged to a credit card. Cash or check only is appreciated.

**Cancellation Policy:** A credit card will be required upon booking. If you must reschedule or cancel your appointment, please notify the spa at least six hours in advance to avoid being charged the full fee. Appointments rescheduled within the six hour window will incur a move fee of \$25.

Visit [Joyfultyoga.com](http://Joyfultyoga.com) for more information

November 2018