

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
5 Class Pack\$85
10 Class Pack\$150
20 Class Pack\$280
Private Session 60min\$90

1 Month Unlimited\$160
Drop In\$20
Drop In (Student with ID) \$10
*Class packages valid for 1 year

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
8:00-9:00 am Mellow Morning Flow Joyce Sharp	7:30-8:30 am Mellow Morning Flow Amy Hutto	8:00-9:00 am Mellow Morning Flow Marti Dowman	7:30-8:30 am Mellow Morning Flow Amy Hutto	8:00-9:00 am Mellow Morning Flow Marti Dowman	8:00-8:45 am Buti Express \$10 drop in (or class package) Lizz Cohoon <i>[Music may contain explicit language]</i>	8:00-9:00 am Joyful Flow Natalie Henne
9:00-10:00 am Empower Hour Amey Williams	8:30-9:30 am Empower Hour Sarah Winner	9:00-10:00 am Empower Hour Lizz Cohoon	9:00-10:15 All Levels Chakra Flow Jacqueline Chiodo	9:00-10:00 am Empower Hour Amey Williams	8:30-9:45am Yoga Basics Marti Dowman	8:30-9:15 am Buti Express \$10 drop in (or class package) Linda Hutzler <i>[Music may contain explicit language]</i>
9:30-10:45 am Yoga Basics & Yoga Nidra Jacqueline Chiodo	9:00-10:15 am Yoga & Meditation Howard Martin	9:30-10:45 am Yoga Basics & Meditation Jacqueline Chiodo	8:45 -10:00 am Yoga & Meditation Howard Martin	9:30-10:45 am Yoga Basics & Yoga Nidra Jacqueline Chiodo	9:15-10:15 am Joyful Flow Jacqueline Chiodo	9:30-10:45 am Yoga Basics & Meditation Tess Chiodo
10:30-11:30 am BUTI Lite Joyce Sharp	10:45-12:00 pm Gentle Yoga Tess Chiodo	10:30-11:30 BUTI Lite Joyce Sharp	10:45-12:00 pm Gentle Yoga Tess Chiodo	10:30-11:30 am BUTI Lite Joyce Sharp	10:45- 12:00 pm Gentle Yoga Marti Dowman	10:00- 11:00 am Empower Hour (*select dates check website) Sarah Winner
4:30-5:45 pm Yin Yoga Aurena Green	11:00 -12:00 pm Chair Yoga Betty Frank-Bailey	11:15 am-12:30 pm Restorative Yoga & Crystal Bowls Marti Dowman	11:00 -12:00 pm Chair Yoga JoAnn Ralph	5:45-6:30 pm Prenatal Yoga Casey Sodana		11:15-12:30 pm Gentle Yoga Karyl Walter
6:00-7:00 pm BUTI Yoga Sidnie Sharp <i>[Music may contain explicit language]</i>	4:30-5:45 pm Yin Yoga JoAnn Ralph	4:00-5:00 Inner Peace Diana Holding	4:30-5:45 pm Yin Yoga Suzanne Kerr	FREE Intro to Meditation With Tess Chiodo First Friday of the Month <u>4/5/19</u> <u>4-5 pm</u>		
6:15-7:15 pm Flow & Ebb Aurena Green	6:00-7:00 pm BUTI Yoga Emily Chiodo <i>[Music may contain explicit language]</i>	5:30-6:30 pm Warm Vinyasa Flow Diana Holding	6:00-7:00pm BUTI Yoga Joyce Sharp <i>[Music may contain explicit language]</i>			
	6:15-7:30 pm Restorative Yoga Suzanne Kerr	6:00-7:15 pm Yoga Basics Amey Williams	6:15-7:15 pm Flow & Ebb Calantha McMillan			
		6:45-7:45 pm BUTI Yoga Natalie Henne <i>[Music may contain explicit language]</i>				



Joyful Yoga and Spa Menu

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<u>Massages</u>	<u>Facials</u>	<u>Ayurvedic Treatments & Energy Work</u>	<u>Body Rituals</u>	<u>Enhancements</u>	<u>Tess's Favorite Facial</u>
mm20461	Joyful Yoga Signature Facial	Reflexology	Paradise Exfoliating Scrub	Tinting	Combine Dermasound & Dermaplaning for AMAZING results!
Joyful Yoga Signature Massage	50 min....\$95	60 min....\$90	\$145	Lash or Brow....\$20 Lash and Brow....\$35	\$165
60 min....\$95 90 min....\$135	Dermasound	Biofeedback	Blueberry Soy Slimming	Hair Removal	-Reduce Lines and Wrinkles
Therapeutic	\$145	120 min....\$195	\$145	Brow....\$20	-Minimize Pores
60 min....\$105 90 min....\$145	Dermaplaning Facial	Ayurvedic Consultation		Lip or Chin\$15	-Increase Hydration
Deep Tissue	\$150	60 min....\$125		Full Face....\$55	-Decrease Pigmentation
60 min....\$115 90 min....\$155	CBD Vibe Facial	Swedana Steam Therapy		Underarms....\$30	-Improve Acne, Rosacea and Psoriasis
Prenatal Massage	75 min...\$199	\$85		Half Arm....\$30	
60 min....\$115 Series of 6 ...\$621	Crystal Clear	Reiki		Whole Arm....\$55	"Embrace non-invasive ways to create more youthful, beautiful, healthy skin"
Warm Stone	90 min...\$145	60 min....\$90		Half Leg....\$45	-Tess Chiodo
60 min....\$115	Chemical Peel			Whole Leg....\$70	
CBD Vibe Massage	\$145			Facial Add Ons	
60 min...\$150 90 min...\$190	LED Facial			Lip Treatment....\$15	
	\$150			Eye Treatment....\$25	
	High Frequency Facial			Eminence Peel....\$30	
	\$135			Dermaplaning (with Dermasound)....\$20	
	Ion Lifting Neck Treatment			Himalayan Salt Scrub	
	\$45Add onto any treatment			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 for more information

April 2019