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Sunday

8-9 All Levels Joyful Flow- Natalie (S)
8:30-9:15 Buti Express** - Linda (C)
9:30- 10:45 Basics & Meditation- Tess (S)
10-11 Empower Yoga- Diana (C)
11:15- 12:30 Gentle Yoga-Karyl (S)
6-7:15 pm Kundalini Yoga- Lizz (S)

Monday

8-9 Mellow Morning Flow- Joyce (S)
9-10 Empower Yoga- Amey (C)
9:30- 10:45 Basics & Yoga Nidra- Jacqueline (S)
10:30-11:30 Buti Lite- Carly (C)
4:30-5:45 Yin Yoga- Aurena (S)
6-7 Buti Yoga** - Sidnie (S)
6:15-7:15 All Levels Flow- Aurena (C)

Tuesday

7:30-8:30 Mellow Morning Flow- Amy (S)
8:30-9:30 Empower Yoga- Carly (C)
9-10:15 Yoga and Meditation- Howard (S)
10:45- 12 Gentle Yoga- Tess (S)
11-12 Chair Yoga- JoAnn (C)
4:30-5:45 Yin & Yoga Nidra- Suzanne (S)
6-7 Buti Yoga** - Emily (S)
6:15-7:15 Restorative- Suzanne (C)

Wednesday

8-9 Mellow Morning Flow- Marti (S)
9-10 Empower Yoga- Carly (C)
9:30- 10:45 Basics & Meditation- Jacqueline (S)
10:30-11:30 Buti Lite- Joyce (C)
5:30-6:30 Warm Vinyasa Flow- Diana (C)
6-7 Basics- Amey (S)
6:45-7:30 Buti Yoga Express** - Natalie (C)

Thursday

7:30-8:30 Mellow Morning Flow- Marti (S)
8:45-10:15 Yoga & Meditation- Howard (C)
9- 10:15 Chakra Flow- Jacqueline (S)
10:45-12 Gentle Yoga- Tess (S)
11-12 Chair Yoga- JoAnn (C)
4:30-5:45 Yin Yoga- Diana (S)
6-7 Buti Yoga**- Joyce (S)
6:15-7:15 All Levels Flow- Calantha (C)

Friday

8-9 Mellow Morning Flow- Marti (S)
9-10 Empower Yoga- Amey (C)
9:30- 10:45 Basics & Yoga Nidra- Jacqueline (S)
10:30-11:30 Buti Lite- Joyce (C)

Saturday

8:30-9:45 Basics- Marti (C)
9:15-10:15 Joyful Yoga Flow- Jacqueline (S)
10-11am Buti Yoga**- Carly (C)
10:45-12 Gentle Yoga- Marti (S)
12:30-1:30 Donation Class (S)

Yoga for Motherhood June Series

Pre-conception, prenatal, postpartum and beyond
Sundays, June, 2nd, 9th, 23rd, 30th
1:15-2pm
\$40

Complimentary child-watch available for this class only (suggested donation)

June Events

For our current event schedule visit our website!
joyfultyoga.com

Class Rates

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

JUNE

JOYFUL YOGA & SPA

SINCE 2005



3405 Pelican Langing Pkwy
Bonita Springs, FL 34134
239-947-9845
joyfultyoga.com



Massages

lic #mm20461

CBD Vibe Massage

90 min \$190
60 min \$150

Deep Tissue

90 min \$155
60 min \$115

Therapeutic

90 min \$145
60 min \$105

Warm Stone

60 min \$115

Signature Massage

90 min....\$135
60 min....\$95

Prenatal Massage

60 min \$115
Series of 6 \$621

Facials

NEW!! Glow Time Micro-Roller

Facial
\$185

CBD Vibe Facial

75 min \$199

Dermasound

\$145

Dermaplaning Facial

\$150

Crystal Clear

90 min \$145

Chemical Peel

\$145

LED Facial

\$150

High Frequency Facial

\$135

Signature Facial

50 min \$95

Ion Lifting Neck Treatment

\$45 Add onto any treatment

Ayurvedic Treatments & Energy Work

Reflexology | 60 min \$90
Ayurvedic Consultation | 60 min \$125
Reiki | 60 min \$90

Body RitualsParadise

Exfoliating Scrub \$145
Blueberry Soy Slimming \$145

Hypnotherapy

Initial Visit \$150
Series of 3 \$425
Series of 6 \$850

Tess's Favorite Facial

Combine Dermasound & Dermaplaning
for AMAZING results!
\$165

- Reduce Lines and Wrinkles
- Minimize Pores
- Increase Hydration
- Decrease Pigmentation
- Improve Acne, Rosacea and Psoriasis

"Embrace non-invasive ways to create
more youthful, beautiful, healthy skin"
-Tess Chiodo

Add ons

- Lash or Brow Tint \$20 | Lash & Brow Tint \$35
- Lip Treatment \$15
- Eye Treatment \$25
- Eminence Peel \$30
- Dermaplaning (with Dermasound)\$20
- Himalayan Salt Scrub**
- Back \$55 | Foot and Calf \$35 | Hand \$35
- Hair Removal**
- Brow \$20 | Lip or Chin \$15



Joyful Yoga & Spa Policies

All Major credit cards accepted
Gratuities in cash or check only



Cancellation Policy: A credit card will be required upon booking. Changes and cancellations are accepted 24 hours prior to the appointment without penalty of payment in full. All no-shows are charged for the full value of services booked.

