

Sunday

8-9 All Levels Joyful Flow- Emily (S)
 8:30-9:15 Buti Express**- Linda (C)
 9:30- 10:45 Basics & Meditation- Tess (S)
 10-11 Empower Yoga- Sarah (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- Carly (C)
 9:30- 10:45 Basics & Yoga Nidra- Jacqueline (S)
 10:30-11:30 Buti Lite- Carly (C)
 12-1 Lunchtime Yoga & Meditation- Beth (S)
 4:30-5:45 Yin Yoga- JoAnn (S)
 6-7 Buti Yoga** - Sidnie (S)
 5:30-6:30 Warm Vinyasa Flow- Calantha (C)

Tuesday

7:30-8:30 Mellow Morning Flow- Amy (S)
 8:30-9:30 Empower Yoga- Sidnie (C)
 9:45-10:30 Buti Lite Express
 9-10:15 Yoga and Meditation- Howard (S)
 10:45- 12 Gentle Yoga- Tess (S)
 11:00-12:00 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- Calantha (C)
 9:30- 10:45 Basics & Meditation- Jacqueline (S)
 10:30-11:30 Buti Lite- Joyce (C)
 3:00 Restorative and Reiki- Aurena (C)
 5:30-6:30 Warm Vinyasa Flow- Calantha (C)
 6-7 Basics- Amey (S)
 6:45-7:30 Buti Yoga Express**- Natalie (C)

Thursday

7:30-8:30 Mellow Morning Flow- Amyi (S)
 8:45-10:15 Yoga & Meditation- Howard (C)
 9- 10:15 Chakra Flow- Jacqueline (S)
 10:45-12 Gentle Yoga- Tess (S)
 4:30-5:45 Yin Yoga- Susan (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 September Series

Pre-conception, prenatal, postpartum and beyond
 Sundays, September, 1st, 8th, 15th & 22nd
 1:15-2pm
 \$40

September 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
 Chair Yoga/Buti Express \$10 drop in

Class packages valid for 1 year

SEPTEMBER

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 \$95

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.

