

**Sunday**

8-9 Joyful Yoga Flow- Emily (S)  
 8-8:45 Buti Express\*\*- Linda (C)  
 9--10 Empower Yoga- Sarah (C)  
 9:30- 10:45 Basics & Meditation- Emily (S)  
 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- Joyce (C)  
 9:30- 10:45 Basics & Yoga Nidra- Jackie (S)  
 10:30-11:30 Buti Lite- Carly (C)  
 11:15-12:30 Restorative/Crystal Bowls- Marti (S)  
 12-1 All Things Yoga! - Beth (C)  
 4:30-5:45 Yin Yoga- JoAnn (S)  
 6-7 Buti Yoga\*\* - Sidnie (S)  
 5:30-6:30 Warm Vinyasa Flow- Natalie (C)

**Tuesday**

7:30-8:30 Joyful Yoga Flow- Julia (S)  
 8:30-9:30 Empower Yoga- Sidnie (C)  
 9-10:15 Yoga and Meditation- Howard (S)  
 9:45-10:30 Buti Lite Express- Sidnie (C)  
 10:45- 12 Gentle Yoga- Tess (S)  
 11:00-12:00 Chair Yoga- JoAnn (C)  
 4-5 pm Joyful Groove- Joyce (C)  
 4:30-5:45 Yin & Yoga Nidra- Suzanne (S)  
 6-7 Buti Yoga\*\* - Joyce (S)  
 6:15-7:30 Restorative- Suzanne (C)

**Wednesday**

8-9 Mellow Morning Flow- Marti (S)  
 9-10 Empower Yoga- Calantha (C)  
 9:30- 10:45 Basics & Meditation- Jackie (S)  
 10:30-11:30 Buti Lite- Joyce (C)  
 11:15-12:30 Gentle/Crystal Bowls -Marti (S)  
 3-4 Restorative and Reiki- Aurena (S)  
 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 Joyful Yoga Flow- Kayleigh (S)  
 8:45-10:15 Yoga & Meditation- Howard (C)  
 9- 10:15 Basics, Nidra & Crystal Bowls- Jackie (S)  
 10:45-12 Gentle Yoga- Tess (S)  
 11:00-12:00 Chair Yoga- Betty (C)  
 4-5 pm Joyful Groove- Robyn (C)  
 4:30-5:45 Yin Yoga- Susan (S)  
 6-7 Buti Yoga\*\*- Laura (S)  
 6--7 Warm Vinyasa Flow- Sidnie (C)

**Friday**

8-9 Mellow Morning Flow- Marti (S)  
 9-10 Vintage Vinyasa- Amey (C)  
 9:30- 10:45 Basics & Yoga Nidra- Jackie (S)  
 10:30-11:30 Buti Lite- Joyce (C)  
 12-1 All Things Yoga! - Beth (S)

**Saturday**

8-9 am Buti Yoga\*\*- Carly (S)  
 8:30-9:45 Basics- Marti (C)  
 9:15-10:15 Joyful Yoga Flow- Jackie (S)  
 10:45-12 Gentle Yoga- Marti (S)  
 5-6 Buti Yoga\*\* - Kayleigh (S)

**Yoga for Motherhood January Series**

Pre-conception, prenatal, postpartum and beyond  
 Sundays, Jan, 5th 12th & 19th  
 12:45-1:30 pm \$35 (series)

*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 and JY Flow Express \$10 drop in  
**Class packages valid for 1 year**

**JANUARY**

**JOYFUL YOGA & SPA**

SINCE 2005



3405 Pelican Landing 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**

Ayurvedic Consultation | 60 min \$125

Reiki | 30 min \$50 | 60 min \$90 | 90 min \$120

Reflexology | 60 min \$95

**Body RitualsParadise**

Exfoliating Scrub \$145

Blueberry Soy Slimming \$145

**Hypnotherapy**

Initial Visit \$150

Series of 3 \$425

Series of 6 \$850

**Coming Soon!**

Counseling and EMDR

Therapy with Emily Cioffi

LMHC

**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.

