

Sunday

8-9 Sunday Morning Mellow 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 Nourish Your Soul: All Levels - Jen (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)
 11:15-12:15 Chair Yoga- JoAnn (C)
 4-5 pm Joyful Groove- Joyce (C)
 4:30-5:45 Yin, Yoga Nidra, & Bowls - Suzanne (S)
 6-7 Buti Yoga** - Joyce (S)
 6:15-7:30 Restorative & Crystal Bowls- Suzanne (C)

Wednesday

8-9 Mellow Morning Flow- Marti (S)
 9-10 Empower Yoga- Julia (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

8-9 Mellow Morning Flow- Jackie (S)
 8:45-10:15 Yoga & Meditation- Howard (C)
 9:15-10:15 Basics & Crystal Bowls- Jackie (S)
 10:45-12 Gentle Yoga- Tess (S)
 11:15 -12:15 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)
 11:15-12:15 Gentle/Yoga Nidra- Jackie (S)
 12-1 All Things Yoga! - Beth (C)

Saturday

8-9:45 am Buti Express**- 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 March Series

Pre-conception, prenatal, postpartum and beyond
 Sundays, March 1st, 8th & 15th
 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

MARCH

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

Counseling and EMDR Therapy

with Emily Cioffi LMHC

75 min Initial Assessment \$135

50-60 min Counseling/EMDR Therapy \$100

Short Term EMDR Package \$500

(Includes Initial Assessment and 4 EMDR

Sessions)

For more info go to website:

FreedomCounselingAndYoga.com

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.

