

*Gurukul*

**Holiday Yoga Bootcamp!**



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*Holistic Center  
A Science Of Living Institution*

## **HOLIDAY Yoga Boot camp (Juniors/Teens/Adults/Seniors)**

Dear Friends: Happy Holidays!

***Please join us for the Holiday Yoga Boot camps to prepare for the New Year! Nine 90 minute intense yet relaxing Yoga sessions (Warm-ups, Postures, Breathing, Relaxation, and Meditation) to tune up during the Holiday Season and welcome the New Year with enhanced harmony, health, and happiness!!!***

When:

- ***Monday Dec. 15<sup>th</sup> & 22<sup>nd</sup> and Tuesday Dec. 16<sup>th</sup> & 23<sup>rd</sup> at 9:30am-11:00am & 7:00pm-8:30pm***
  - ***Saturday Jan. 3<sup>rd</sup> 8am-9:30am (Happy New Year!)***
- (Classes will run subject to registration)

**Tuition: \$ 20.00/class**

**One FREE class for New (FIRST-TIME) Winter registrants  
(These classes are NOT to be used as MAKE-Ups from FALL)  
(For Semi/Annual friends: counted as 2 Y-M-1 classes or 1.5 Y-M-1&2)**

**Space is Limited. Register early! (first-come, first serve)  
In Person, call (908) 526-0002 or email [gurukul@gurukulyoga.com](mailto:gurukul@gurukulyoga.com)  
Thank you for your friendship with Gurukul Yoga!**

**Billions Yet To Be Served...  
[www.gurukulyoga.com](http://www.gurukulyoga.com)**