



Yoga-Mitra

for Harmony, Health, and Happiness



Summer 2010

Holistic Center
A Science of Living Institution

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002
Email: gurukul@gurukulyoga.com URL: www.gurukulyoga.com

Welcome to Summer 2010@GYHC. Gurukul Yoga Holistic Center (GYHC) is a Science of Living Institution with a **vision** of simplifying and demystifying life management and with a **mission** of serving the community with authentic Yoga/Holistic services at affordable tuition and creating **Friends of Yoga** (Yoga-Mitra) of all ages, bringing them harmony, health, and happiness!

GYHC is celebrating its 5th year at the present location serving the community with its founders (Prashant and Manju Joshi) in their 13th year in Bridgewater, and in their 19th year in the US serving the community together.

A typical **Friends of Yoga** Program consists of consistent practice of body warm-ups followed by breath warm-ups, **postures** to build strength, flexibility, tone, and improving circulation, and to **relieve back and neck pain; breathing techniques** to improve lung capacity to build stamina, **resistance to allergies, asthma, coughs and colds, reduce stress, anxiety, anger and pain; conscious relaxation** to create a healing environment in the body and mind, and **meditation** to clear the mind and improve concentration and focus. Benefits of Yoga are tremendous! Experience them all at GYHC!

What to bring? Wear loose and comfortable clothing; bring a bath towel/mat, your body with a light or empty stomach & an open mind, and a broad smile! Please **consult with your Doctor if there are any health concerns before undertaking Yoga.**
How to register? In person at Gurukul Yoga Holistic Center OR at the Bridgewater Recreation office OR through Internet (www.gurukulyoga.com, gurukul@gurukulyoga.com) OR by calling the Gurukul Yoga Holistic Center at (908) 526-0002.

Yoga-Mitra Program Description

- **Y-M-1 Adults/family (65-minutes)**
This class is a beginner/intermediate level for Juniors/Teens/Adults/Seniors. We cover basic postures, breathing techniques, relaxation and meditation.
- **Y-M-1&2 Adults (75-minutes)**
This class is for all levels & for Teens/Adults/Seniors. We cover inverted postures at the end. We also cover more breathing techniques and longer meditation. Serious Aspirants and Teachers are more than welcome!
- **Y-M Juniors (7-13years) (50-minutes)**
Fun-filled class with basic flow of postures, introduction to breathing and relaxation techniques. Will also focus on postures to improve core strength, flexibility and breathing techniques to improve focus, stamina, temperament for helping studies and sports alike!
- **Y-M Teens (14-17yrs) (50-minutes)**
Same as juniors with more focus on leadership, sports and stress reduction to prepare for the real world!
- **Y-M Mommy & Me (3-6yrs) with parent/ caregiver (30-minutes)**
Come hop like a bunny, go for a snake walk, roam around like a Giraffe or hum like a bee! A fun filled class with focus on proper breathing and quiet time. Get a head-start on healthy living!
- **Body-Mind Sculpting through Sun Salutations(45-minutes)**
This class is for Juniors/Teens/Adults/Seniors. Experience the power of Sun Salutations practice for sculpting/shaping your body and mind! Improve flexibility, strength and focus through this moving, invigorating practice!
- **Yoga of Spinal Health(New) (45-minutes):**
This is a new class focused primarily on taking care of the entire spine for Juniors/Teens/Adults with a series of spinal twists helping relieve strain and strengthen the back to prevent injuries and help relieve many spinal health issues.

Please Turn Over for Schedule and Tuition



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Gurukul

Summer



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00-9:15am Y-M-1&2 Adults
9:30-10:35am Y-M-1 Adults/Family	9:30-10:35am Y-M-1 Adults/Family	9:30-10:35am Y-M-1 Adults/Family	9:30-10:35am Y-M-1 Adults/Family	10-11:05am Y-M-1 Adults/Family	9:30-10:15am Body-Mind Sculpting through Sun Salutations
11:00-1:00pm Private Classes By Appointment	11:00-1:00pm Shiatsu By Appointment	11:15-11:45am Y-M Mommy &Me		11:30-1:30pm Private Classes By Appointment	10:30-11:20am Y-M Teens
	1:00-5.00pm Shiatsu By Appointment		4.45-5.45pm Naada-Yoga (Tablaa)	3:00-6:00pm Private Classes By Appointment	11:30-12:00pm Y-M Mommy&Me
6:00-6:50pm Y-M Juniors	5:45-6:50pm Y-M-1 Adults	5:45-6:50pm Y-M-1 Adults	6 :00-6 :45pm Yoga of Spinal Health		
7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	7:00pm-7:45pm Body-Mind Sculpt/through Sun Salutations	7:00-8:15pm Y-M-1&2 Adults		

Yoga - Mitra Summer 2010 Schedule (July 6th –August 14th) 6-weeks

Yoga - Mitra Summer 2010 Tuition

(Tuition is based on the 6-week Program (once a week) and payable at the time of registration)

- Introductory Trial Class available upon request at a discounted tuition
- 9-month Yoga Teacher/Therapist Training Program (YTTP)(200-hour certification): **\$1800.00**
- **Annual Friendship (50-classes): \$550.00** (65-minute or shorter Yoga class); **\$625.00** (any 75-minute or shorter Yoga class) (1 year to cover 50 classes)
- **Semi-Annual Friendship (25-classes): \$300.00** (65-minutes or shorter Yoga class); **\$350.00** (any 75-minutes or shorter Yoga class) (6 months to cover 25 classes)
- **Y-M-1:** \$78.00; **Y-M-1&2:** \$90.00; Breathing, Relaxation & Meditation: \$72.00
- **Body-Mind Sculpting through Sun Salutations:** \$72.00
- **Yoga of Spinal Health:** \$72.00
- **Y-M-Juniors and Teens:** \$72.00
- **Y-M-Mommy&Me:** \$72.00
- **Naada-Yoga (Tablaa):** \$165.00
- **Walk-ins:** \$18.00 for a 75-minute class; \$15.00 for 65-minutes or shorter
- No Tuition refunds; Make-up Policy Flexible within the 6-week session; Checks payable to Gurukul, llc and a \$25.00 fee for bounced checks will apply

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Billions Yet To Be Served...

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