



# Yoga-Mitra

for Harmony, Health, and Happiness



# Winter Gurukul 2010



Holistic Center

A Science of Living Institution

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002

Email: [gurukul@gurukulvoga.com](mailto:gurukul@gurukulvoga.com) URL: [www.gurukulvoga.com](http://www.gurukulvoga.com)

**Welcome to Winter 2010@Gurukul. Gurukul, LLC** is a Science of Living Institution focused on creating Friends of Yoga(Yoga-Mitra) of All ages bringing them harmony, health, and happiness!

We are in our 4th year at the present location serving the community. Our mission is to serve the community with authentic holistic learning services at very affordable tuition. Founders of Gurukul have been serving the community since 1991.

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, manage 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 Gurukul! We also offer holistic services including **Shiatsu, Nutritional counseling, lively Music and Dance.**

**What to bring?** Wear loose and comfortable clothing; bring a bath towel/mat, your body with a light or empty stomach; a full mind, and a 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.gurukulvoga.com](http://www.gurukulvoga.com), [gurukul@gurukulvoga.com](mailto:gurukul@gurukulvoga.com)) OR by calling the Gurukul Yoga Holistic Center at (908) 526-0002.

## Yoga-Mitra Program Description

- **Y-M-1 Adults (65-minutes)**  
This class is a beginner/intermediate level for adults/seniors. We cover basic postures, breathing techniques, relaxation and meditation.
- **Y-M-1&2 Adults (75-minutes)**  
This class is an intermediate/ advanced practitioners. We cover slightly advanced postures held for longer time. We also cover more breathing techniques and longer meditation. Serious Aspirants and Teachers are more than welcome!
- **Y-M Juniors (6-13years) (50-minutes)**  
Fun-filled class with basic flow of postures, introduction to breathing and relaxation techniques. 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 (12-17yrs) (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 a 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!
- **Breathing, Relaxation & Meditation Clinic(addiction cessation) (45-minutes)**  
This class is for Juniors/Teens/Adults/Seniors for focusing on the breathing and meditative aspects of Yoga to improve resistance to **Asthma and allergies**; manage and reduce **stress**; wean off addictions, and create peace of mind! Learn Yogic breathing (**Praanayaama**), Conscious Relaxation (**Yoga-Nidra**) Meditation (**Dhyaana**) to purify the body, mind, and the soul!
- **Body-Mind Sculpting through Sun Salutations(New)(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!
- **Holistic Workshops:** Learn about various holistic solutions through proper nutrition, Yoga, aroma-therapy to counter various major physical and mental health issues including Thyroid, Diabetes, Depression, addictions and more...
- **Naada-Yoga(Tablaa):** Naada means rhythmic sound in Sanskrit! We have Tablaa Classes (Indian Drums – Percussion Instrument) for all ages. Sound is an excellent healer and Tablaa is a great instrument to learn to enjoy the healing power of sound!

Please Turn Over For Schedule and Tuition

# Winter 2010

**Holistic Center**  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00-9:15am Y-M-1&2 Adults	
9:30-10:35am Y-M-1 Adults	9:30-10:35am Y-M-1 Adults	9.30-10.35am Y-M-1 Adults	9:30-10:35am Y-M-1 Adults	10-11:05am Y-M-1 Adults	9:30-10:15am (New) Body-Mind Sculpting through Sun Salutations	9:00-12:00pm Private Classes By Appointment
11.00 -1.00pm Private Classes By Appointment	11:00-1:00pm Shiatsu By Appointment	11.00 1.00pm Private Classes By Appointment	11.00 -1.00pm Private Classes By Appointment	11:30-12:30pm 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)	4:30-5:00pm Y-M Mommy&Me	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		5:15-5:45pm Pre-natal	Monthly Holistic Workshops 4:30-6:30pm	4.45-6.00pm Y-M 1&2 Adults
7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	6:00-7:30pm Teachers' Training Program		6.15-7.00pm Breathing, Relaxation, Meditation

## Yoga - Mitra Winter 2010 Schedule (Jan. 4<sup>th</sup>-March 28<sup>th</sup>) 12-weeks

### Yoga - Mitra Winter 2010 Tuition

(Winter tuition is based on the 12-week Program (once a week) and payable at the time of registration)

- Introductory Trial Class available upon request at a discounted tuition
- Yoga Teachers' Training Program(200-hour certification): **\$1350.00**
- **Unexpired Friendship (New): \$1600 for 150 classes for the family without any expiration**
- **Annual Friendship(50-classes): \$550.00(65-minute or shorter Yoga class); \$625.00 (any 75-minute or shorter Yoga class)**
- **Semi-Annual Friendship(25-classes): \$300.00 (65-minute or shorter Yoga class); \$350.00 (any 75-minute or shorter Yoga class)**
- **Y-M-1 Adults: \$162.00; Y-M-1&2: \$186.00; Breathing, Relaxation & Meditation: \$144.00**
- **Body-Mind Sculpting through Sun Salutations: \$144.00**
- Senior discount over the Y-M-Adults (**62 and above**)
- **Y-M-Juniors and Teens: \$144.00**
- **Y-M-Mommy & Me: \$144.00**
- **Naada-Yoga(Tablaa): \$325.00**
- **Walk-ins: \$18.00 for a 75-minute class; \$15.00 for 65 minutes or shorter class**
- **Monthly Holistic Workshop: \$30.00**
- No Tuition refunds; Make-up Policy Flexible within the 12-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...**

Please Turn Over for Information and description of classes