



# 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@gurukulyoga.com](mailto:gurukul@gurukulyoga.com) URL: [www.gurukulyoga.com](http://www.gurukulyoga.com)

## ***ADDICTION CESSATION PROGRAM***

**(Smoking, Alcohol or Drug-Abuse,  
Prescription-Medication dependence or any  
other habits becoming life-long addictions  
draining your health and wallet?)**

Join us for 45 minutes on Sundays to help you take charge of your addictions and say goodbye to them once for all...

- **Sundays at 6:15pm**
- **Experience the Power of Yoga through Breathing, Relaxation and Meditation to take charge of your lives**
- **Enjoy authentic and long-term solution for many of your complex problems**
- **Tuition: \$15.00/class**
- **One-on-one sessions by appointment**

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***Billions Yet To Be Served...***