



Yoga-Mitra
for Harmony, Health, and Happiness



Winter  **2010**
Holistic Center
A Science of Living Institution

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

NEW!

NEW!

NEW!

Body-Mind Sculpting through Sun Salutations

For

(Juniors/Teens/Adults/Seniors)

Wednesdays 7:00pm-7:45pm

Saturdays 9:30am – 10:15am

Experience the power of Sun Salutations for sculpting and
shaping your body and mind!

Improve flexibility, strength, focus and peace of mind
through this moving, invigorating practice!

Tuition: Walk-in \$15.00; 12-classes: \$144.00

Billions Yet To Be Served...