

Fall



2008

*Holistic Center
A Science Of Living Institution*

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002
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New This FALL... Haasya-Yoga! (Laughter Yoga)

From Grumpy To Smiley!



Haasya means laughter in Sanskrit! Laughter is still the best medicine! Learn to laugh, breathe and move the body to help cleanse the body, mind and soul! This is a seriously funny class! Bring your grumpy faces and friends with you! Haasya-Yoga will transform you very positively for sure!

When: Saturdays @ 9:30- 10:15
Tuition: \$140.00 for a 14 week program
Starts Saturday, September 13th