

Yoga-Mitra

for Harmony, Health, and Happiness



Gurukul



Holistic Center
A Science of Living Institution
(GYHC)

- Group and Private Yoga Therapy
- Corporate Friendship
- Summer Camps
- Boot Camps
- Mommy&Me
- Pre-natal

- Teacher/Therapist Training
- Shiatsu
- Nutritional Counseling
- Holistic Workshops
- Dance/Music

August Yoga Boot camp *(Teens/Adults/Seniors welcome)*

Dear Friends: Welcome to August2010 Yoga-boot camp!

Yoga Boot Camp@GYHC is 90-minute practice-session of classical Hatha Yoga that can be enjoyed by all shapes, sizes and ages (Teens/Adults/Seniors). It is about more practice to enhance harmony, health, and happiness and have fun, build friendship and achieve freedom from disease...

When:

- **4 sessions: Week of 16th Monday through Thursday 7pm-8:30pm**
- **8 sessions: Week of 23rd – Monday through Thursday 9:30am-11am and 7pm-8:30pm**

*Tuition: \$ 20.00/session (\$18.00/session if you sign up for 5 or more sessions)
(Discounted tuition For Semi/Annual friends: Mark as 1.5 classes on the card)
(Not to be used as a Make-up)*

Space is Limited. Register early!

Register, In Person, or call (908) 526-0002 or email gurukul@gurukulyoga.com

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Billions Yet To Be Served...