



# Yoga-Mitra

for Harmony, Health, and Happiness



Gurukul

# Fall 2009



Holistic Center

A Science of Living Institution

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

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**Welcome to Fall 2009@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 level for adults/seniors. 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 (14-17yrs) (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(prevent and cure addictions) (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 stress; enhance stamina, attention-span, temperament, and of course the peace of mind! Learn Yogic breathing (**Praanayaama**), Conscious Relaxation (**Yoga-Nidra**) Meditation (**Dhyaana**) to purify the body, mind, and the soul!
- **Haasya-Yoga:** 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!
- **Nrutya-Yoga:** Nrutya means Dance in Sanskrit! This spring enjoy Bollywood Beats on Saturdays for Juniors/Teens and Adults. Get healthy with fun-filled and highly energetic beats of Bollywood. Learn the newest choreography to hit the streets of the East and West.
- **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

# Fall 2009

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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 Breathing, Relaxation, Meditation	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	11:30-12:30pm Private Classes By Appointment	10.30-11.20am Y-M Teens	
	1:00-5.00pm Shiatsu By Appointment		5:00-6:00pm 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	6:00-6:45pm Nrutya-Yoga Lively Dance	5:30-6:00pm Pre-natal	Monthly Holistic Workshops 4pm-6pm	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			6.15-7.00pm Breathing, Relaxation, Meditation

## Yoga - Mitra Fall 2009 Schedule(Sept. 8th –Dec. 21st) 14-weeks (Closed for Thanks-Giving Holiday from Thursday through Sunday Nov. 26<sup>th</sup>-29th)

### Yoga - Mitra FALL 2009 Tuition

(FALL tuition is based on the 14-week Program (once a week) and payable at the time of registration)

- Introductory Trial Class available upon request at a discounted tuition
- **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: \$189.00; Y-M-1&2: \$217.00; Breathing, Relaxation&Meditation: \$154.00**
- Senior discount over the Y-M-Adults (62 and above)
- **Y-M-Juniors and Teens: \$154.00**
- **Y-M-Mommy &Me: \$154.00**
- **Naada-Yoga(Tablaa): \$350.00; Nrutya-Yoga: \$196.00**
- **Walk-ins: \$18.00 for a 75-minute class; \$15.00 for 65/60-minute; \$12.00 for a 45-minutes and under**
- **Monthly Holistic Workshops: \$25.00/month**
- Family discounts and multiple-classes/week discounts available
- No Tuition refunds; Make-up Policy Flexible within the 14-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