



Yoga-Mitra

for Harmony, Health, and Happiness



Gurukul

Summer



2009

Holistic Center

A Science of Living Institution

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

Email: gurukul@gurukulyoga.com URL: www.gurukulyoga.com

Welcome to Summer 2009@Gurukul. Gurukul 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 in NY/NJ.

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!

Where? All classes are held at **Gurukul Yoga Holistic Center** (1300 Prince Rodgers Ave, Bridgewater).

What to bring? Wear loose and comfortable clothing; bring a bath towel/mat, your body with a light or empty stomach & an open mind, and a broad 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.gurukulyoga.com, gurukul@gurukulyoga.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 All(60 minutes)**
This class is especially designed for summer time when children (7-17yrs) are home during weekdays and for them to attend the class with family. Great way of learning yoga together and building tighter friendship with Yoga and within the family as well!
- **Y-M Juniors (6-13years) (50-minutes)**
Fun-filled class with basic flow of postures, introduction to breathing and relaxation techniques. Will also 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 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!
- **Naada-Yoga:** Naada means Sound in Sanskrit! We have Tablaa Classes (Indian Drums – Percussion Instrument) for all ages. Sound is a great healer and Tablaa is a great instrument to learn to enjoy the healing power of Sound!
- **Nrutya-Yoga:** Nrutya means Dance in Sanskrit! This summer enjoy Bollywood Beats 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.
- **Breathing, Relaxation & Meditation Clinic (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 and get peace of mind! Learn Yogic breathing (**Praanayaama**), Conscious Relaxation (**Yoga-Nidra**), Meditation (**Dhyaana**) and purify the body, mind, and the soul!

Please Turn Over for Schedule and Tuition

Summer

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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	10:00- 11:00am Y-M all (Parent and Junior or Teen)	9:30- 10:45am Y-M-1&2 Adults	10-11:05am Y-M-1 Adults	9.30- 10.15am Breathing, Relaxation &Meditation
11:00- 1:00pm Private Classes By Appointment	11:00- 1:00pm Shiatsu By Appointment	11:15- 11:45am Y-M Mommy &Me		11:30- 1:30pm Private Classes By Appointment	10:30- 11:20am Y-M Teens
	1:00-5.00pm Shiatsu By Appointment		4.45- 5.45pm Naada-Yoga (Tablaa)		

Yoga - Mitra Summer 2009 Schedule (July 6th -August 15th) 6-weeks

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)		
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		

Yoga - Mitra Summer 2009 Tuition

(Tuition is based on the 6-week Program (once a week) and payable at the time of registration)

- Introductory Trial Class available upon request at a discounted rate
- **Unexpired Friendship (New): \$1500 for 150 classes for the family without any expiration**
- **Annual Friendship(50-classes): \$525.00**(65-minute or shorter Yoga class); **\$600.00** (any 75-minute or shorter Yoga class) (1 year to cover 50 classes)
- **Semi-Annual Friendship(25-classes): \$275.00** (65-minute or shorter Yoga class); **\$325.00** (any 75-minute or shorter Yoga class) (6 months to cover 25 classes)
- **Y-M-1 Adults:** \$78.00; **Y-M-1&2:** \$90.00; Breathing, Relaxation & Meditation: \$66.00
- Seniors discount over the Y-M-Adults (**62 and above**)
- **Y-M-Juniors and Teens:** \$66.00
- **Y-M All (Parent and Junior or Teen):** \$140.00
- **Y-M-Mommy &Me:** \$66.00
- **Naada-Yoga(Tablaa):** \$150.00
- **Walk-ins:** \$17.00 for a 75-minute class; \$15.00 for 65-minute; \$12.00 for a 45-minutes and under
- Family discounts and multiple-classes/week discounts available
- No Tuition refunds; Make-up Policy Flexible within the 6-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...

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