



Yoga-Mitra

for Harmony, Health, and Happiness



3 weeks of fun-filled Indoor Yoga Summer Camps (June 23rd-26th; June 29th-July 2nd AND August 17th-21st)

Begin and end your summer vacation with Yoga! In these fun-filled **Indoor** Yoga camps for ages 7 to 14, (ages 15-17 can be volunteer counselors) participants will learn the basics of the **SCIENCE** and **PRACTICE** of **YOGA** for achieving harmony, health, and happiness by building strong, flexible, and relaxed bodies and calm, peaceful minds thus improving overall personalities to **become better in sports, studies, leadership, and positive attitude** as well. We will also have **interactive sessions, arts & crafts and skits!** At the end of the camp, we are confident that the campers will become friends of Yoga (Yoga-Mitra) for life with all the life-management skills!

Benefits for Life: Yoga-Mitras will follow consistent practice of body warm-up exercises followed by breath warm-up exercises, postures for building strength, flexibility, tone, and improving circulation in the body, 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. These benefits will help them throughout their life!

Where? The camp will be held at **Gurukul Yoga Holistic Center, 1300 Prince Rodgers Ave, Bridgewater, NJ 08807**

When? **June 23rd-26th; June 29th-July 2nd; AND August 17th-21st 9am-4pm**

Who? **Ages 7 through 14; Ages 15-18 for Volunteer Counselors**

What to bring? Wear loose clothing; bring bath towel or a yoga-mat, your body with a light or empty stomach, open mind, and a broad smile! **Bring a healthy, brown-bag, vegetarian lunch.**

What will be provided? Campers will receive a Yoga-T-shirt, one healthy vegetarian Snack/Day, and arts craft materials.

How to register? In person at the Gurukul Yoga Holistic Center at 1300 Prince Rodgers Ave, Bridgewater, NJ 08807. Please call us at 908 526 0002 or email us at gurukul@gurukulyoga.com for any questions.

Caution: Consult with your Doctor if there are any health concerns before undertaking Yoga.

Yoga - Mitra Summer Camp 2009 Schedule and Tuition

- Tuition for June Camps (4-days): \$160.00/Week
- Tuition for August Camp (5-days): \$200.00
- Campers signing for multiple weeks get \$15.00 off the other weeks.
- Multiple sibling discount available
- Maximum # of Campers/week: 16; Registration on first-come first serve basis
- Registration Deadline: June 15th; Early Bird Registration by May 31st to receive \$5.00 discount
- Yoga-Mitra Camper tuition includes 1 snack/day, Yoga-T-shirt, and Arts & Crafts
- No Tuition refunds; Checks payable to Gurukul, llc and a \$25.00 fee for bounced checks will apply
- **Teens (ages 15-18) and Parent Volunteers needed!**

Please bring this flyer with you to register and fill in the information below:

Camper's Name: _____ Age: _____ Parent's Name: _____

Address: _____

Phone and Emergency contact including email: _____

Food Allergies or any other medical condition: _____

Parent's Signature: _____ Preferred Week: June 23rd AND/OR August 18th

Billions Yet To Be Served...