



# Yoga-Mitra

for Harmony, Health, and Happiness



Gurukul

Fall



2010

Holistic Center (GYHC)  
A Science of Living Institution

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002  
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**Welcome to Fall 2010@GYHC.** Gurukul Yoga Holistic Center(GYHC) is a Science of Living Institution with a **vision** of simplifying and demystifying life management and a **mission** to serve the community with authentic Yoga/Holistic therapy at an affordable tuition and create **Friends of Yoga** (Yoga-Mitra) of all ages, bringing them harmony, health, and happiness!

GYHC is celebrating its 5th year at the present location serving the community with its founders(Prashant and Manju Joshi) in their 14<sup>th</sup> year in Bridgewater, and in their 19<sup>th</sup> year in the US serving the community together.

A typical **Friends of Yoga** Program consists of consistent body warm-ups followed by breath warm-ups; **postures** to build strength, flexibility, and tone, to improve circulation, and to **relieve back and neck pain**; **breathing techniques** to improve lung capacity, to build stamina and **resistance to allergies, asthma, coughs and colds, and to reduce 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. The benefits of Yoga are tremendous! Experience them all at GYHC!  
We also offer holistic services including **Shiatsu, Nutritional counseling, Music(TABLA) 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 GYHC OR at the Bridgewater Recreation office OR through Internet ([www.gurukulyoga.com](http://www.gurukulyoga.com), [gurukul@gurukulyoga.com](mailto:gurukul@gurukulyoga.com)) OR by calling GYHC at (908) 526-0002.

## Yoga-Mitra Program Description

- **Y-M-1 Adults (65-minutes)**  
This class is a beginner/intermediate level for Juniors/Teens/adults/seniors. We cover basic postures, breathing techniques, relaxation and meditation.
- **Y-M-1&2 Adults (75-minutes)**  
This class is for all levels and for Teens/Adults/Seniors. We cover inverted postures. We also cover more breathing techniques and longer meditation. Must for Serious Aspirants and Teachers-to-be!
- **Y-M Juniors (7-13years) (50-minutes)**  
Fun-filled class with basic flow of postures, 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(Addiction Cessation) (30-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 and reduce **stress**; wean off addictions, and create peace of mind! Learn Yogic breathing (**Praanayaama**), Conscious Relaxation (**Yoga-Nidra**) Meditation (**Dhyaana**) to purify the body, mind, and the soul!
- **Body-Mind Sculpting through Sun Salutations (OBESITY PREVENTION/REDUCTION)(45-minutes)**  
This class is for Juniors/Teens/Adults/Seniors. Experience the power of Sun Salutations practice for sculpting/shaping your body and mind! Improve flexibility, strength and focus through this moving, invigorating practice!
- **Yoga of Spinal Health (Back/Neck Pain) (45-minutes):**  
This is a new class focused primarily on taking care of the entire spine for Juniors/Teens/Adults with a series of spinal twists helping relieve strain and strengthen the back to prevent injuries and help relieve many spinal health issues.
- **Holistic Workshops:** Learn about various holistic solutions through proper nutrition, Yoga, aroma-therapy to counter various major physical and mental health issues including Thyroid, Diabetes, Depression, addictions and more...

Please Turn Over For Schedule and Tuition



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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 Body-Mind Sculpting through Sun Salutations	
11.00 - 1.00pm Private Classes By Appointment	12pm-12:45pm Lunch-time is Yoga-time	11.00 1.00pm Private Classes 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		4:30-5:30pm Naada-Yoga (Tablaa)		11:30-12:00pm Y-M Mommy&Me	1:00-6:00pm Private Classes By Appointment
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 (New)Yoga of Spinal Health	5:15-5:45pm Pre-natal By appointment	12:30-3:30pm Yoga Teacher/ Therapist Training Program	
7:00-8:15pm Y-M-1&2 Adults	7:00-8:15pm Y-M-1&2 Adults	7:00-7:45pm Body-Mind Sculpting Sun Salutations	7:00-8:15pm Y-M-1&2 Adults	6:00-7:30pm Yoga Teacher/ Therapist Training Program	Monthly Holistic Workshops 4:30pm-6:30pm	FREE Monthly Meditation (Addiction Cessation) 6-6:30pm

## Yoga - Mitra Fall 2010 Schedule (Sept 7th-December 23rd) 14-weeks

### Yoga - Mitra Fall 2010 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
- 9-month Yoga Teacher/Therapist Training Program (YTTP)(200-hour certification): **\$1800.00**
- **Annual Friendship(50-classes): \$575.00**(65-minute or shorter Yoga class); **\$650.00** (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: \$189.00; Y-M-1&2: \$217.00**
- **Breathing, Relaxation & Meditation(ADDICTION CESSATION): FREE** – once a month 4th sunday
- **Body-Mind Sculpting through Sun Salutations(OBESITY PREVENTION/REDUCTION): \$168.00**
- **Yoga of Spinal Health: \$168.00**
- **Y-M-Juniors and Teens: \$168.00; Y-M-Mommy & Me: \$168.00**
- **Naada-Yoga(Tablaa): \$385.00**
- **Walk-ins: \$18.00** for a 75-minute class; \$15.00 for 65 minutes or shorter class
- **Monthly Holistic Workshop: \$35.00**
- 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...