



# Yoga-Mitra

for Harmony, Health, and Happiness



## Summer Camp Gurukul 2010



Holistic Center

A Science of Living Institution

### 2 weeks of fun-filled Indoor Yoga Summer Camps (August 16<sup>th</sup>-20<sup>th</sup>; August 23<sup>rd</sup>-27<sup>th</sup>)

Welcome and enjoy your summer vacation with Yoga! It is our 4<sup>th</sup> year holding these camps with over 100 campers served so far! In these fun-filled Indoor Yoga camps for kids 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 strong yet 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!

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

**What will be provided?** A Yoga-T-shirt, one healthy vegetarian Snack/Day, and arts and crafts materials.

**How to register?** In person at the Gurukul Yoga Holistic Center (GYHC), by mail or online after April 15th at [www.gurukulyoga.com](http://www.gurukulyoga.com). Please call us at **908 526 0002** or email us at [gurukul@gurukulyoga.com](mailto:gurukul@gurukulyoga.com) for any questions.

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

#### Yoga - Mitra Summer Camp 2010 Schedule and Tuition

- Tuition for Camp (5-days): 9am-4pm: \$250.00/week; Day/half-day option available
- Campers signing up for both weeks get \$15.00 off the other week.
- Multiple sibling discount available
- Maximum # of Campers/week: 16; Registration on first-come first-served basis
- Registration Deadline: July 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 15-17) and Adult/Parent Volunteers needed!**

=====cut-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: August 16<sup>th</sup> AND/OR August 23<sup>rd</sup>

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