

# Yoga-Mitra

for Harmony, Health, and Happiness



*Gurukul*



*Holistic Center*  
*A Science of Living Institution*  
**(GYHC)**

- Group and Private Yoga Therapy
- Corporate Friendship
- Summer Camps
- Boot Camps
- Mommy&Me
- Pre-natal

- Teacher/Therapist Training
- Shiatsu
- Nutritional Counseling
- Holistic Workshops
- Dance/Music

## ***ADDICTION CESSATION PROGRAM***

(FREE classes every 4<sup>th</sup> Sunday of the month 6pm-6:30pm)

**(Smoking, Alcohol or Drug-Abuse, Prescription-Medication dependence or any other habits becoming life-long addictions draining your health and wallet?)**

- Experience the Power of Yoga through Breathing, Relaxation and Meditation to take charge of your lungs, brain and life!
- Enjoy authentic and long-term solution for many of your complex problems at affordable tuition
- One-on-one sessions by appointment available
- 21-day challenge available for accelerated progress!

Register, In Person, or call (908) 526-0002 or email [gurukul@gurukulyoga.com](mailto:gurukul@gurukulyoga.com)

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***Billions Yet To Be Served...***