

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

Lunch-time is Yoga-time!

New 6-week Program

(Juniors/Teens/Adults/Seniors welcome)

Cool beginning at Gurukul this summer with Lunch-time Yoga practice to truly enjoy your break-time! No sweat, no pain, but lot to gain to re-refresh your body & mind in the middle of the day! Stretch, Breathe, Laugh and Relax! For all shapes, sizes and ages!

(Changing rooms available to change into comfy-clothes if needed!)

When: Tuesdays 12pm-12:45pm starting July 6th

Tuition: \$ 72.00/6-weeks

Walk-ins: \$15.00

Space is Limited. Register early!

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

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

Billions Yet To Be Served...