

Gurukul



*Holistic Center
A Science of Living Institution*

1300 Prince Rodgers Ave, Bridgewater, NJ 08807 Tel: (908) 526 0002

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

Help Needed!

- **Volunteer(Karma-Yoga) 6 hours of your time at GURUKUL YOGA and earn 3 Y-M-1 (65-minutes or shorter) YOGA Classes!**

Please callemail for further details...

Stress Management, Flexibility, Strength, Balance, Resistance to Disease and Peace of Mind are some of the major benefits of consistent Yoga Practice!

Come and experience it for yourself!

Our Mission: *To serve the community and create Friends of Yoga of all ages (from toddlers, juniors, teens, adults, to seniors), teaching the holistic science of Yoga in a simple, classical and an authentic fashion at very affordable tuition, bringing everyone Harmony, Health, and Happiness.*

Our Programs: *We run regularly scheduled group Yoga classes in Fall, Winter, Spring, and Summer. We also offer Dance, Music, Shiatsu, Holistic Nutritional Counseling and workshops focused on leadership, sports, holistic living, and private classes for special needs as well.*

About Us: *Manju Joshi M.A. and Diploma in Fitness and Nutrition and Prashant Joshi, M.A. M. Phil. , founders of Gurukul Yoga Holistic Center have been deeply involved with the community service for the past 18+ years sharing the Science of Yoga. They have received extensive training in Yoga from renowned teachers and institutions in India and the US. They are very passionate about creating a dis-ease-free society filled with harmony, health, and happiness!*

Billions Yet To be Served...