



Gurukul Yoga Holistic Center

A Science of Living Institution

*Yoga Alliance (RYS200/RYS300) accredited & member school of
International Association of Yoga Therapists (IAYT)*

Presents

Simplify and Demystify Leadership 101

With

Coach P/Coach M

Founders and Master Coaches

What: *Stress Reduction/Leadership 101 session for folks of all shapes and sizes,
ages and stages of their life!*

*Be prepared to sit, stand, stretch, breathe, laugh and relax, but most importantly
lead, learn and live to your potential!*

When: July 7th, 3pm in the Queens College Incubation Center

Why: Hey - **YOGA = Your Own Great Asset!** To bring out the best in you, build strong teams for better outcomes holistically; learn about yourself, your body, mind, foods and moods and its impact on your actions and personal growth, build camaraderie and leadership to improve physically, mentally, socially and professionally and have fun doing it! Improve your TOP LINE and Save on your BOTTOM LINE!

What to bring: Yourself in comfortable clothing, light stomach and a smile!

What else needed: We may need open space with **chairs** for our friendship circle time.

GYHC programs help reduce stress thereby lowering anxiety, building resistance to major and minor diseases including but not limited to heart-disease to cancer, diabetes to depression, allergies to asthma, obesity to osteoporosis, back-pain, neck pain, carpal tunnel syndrome, addictions and other behavioral disorders. Consistent practice helps increase energy and productivity giving you a quick return on investment (ROI). We have been serving the global communities for the past 20+ years with various leadership, life-management programs for corporations, schools and the communities in NY, NJ, TX and India.

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Billions Yet To Be Served...

