

Unlock A Healthy & Happy Lifestyle: The 11th Ultimate Gurukul Yog Utsav

FREE!

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GURUKUL
SISTERS
FAMILY



SHREE SWAMINARAYAN GURUKUL
THE YOGA UNIVERSITY
INTERNATIONAL
Forthcoming

GURUKULYOG UTSAV

**Building 21st- Century Women With Good Health,
Wealth, Love, Happiness & Freedom**

(Worth Rs. 21000) Absolutely FREE!

EXPERIENCE

21 Different; Women Centric; Transformation Themes



JOIN US TODAY! | TIME : 3:30 PM to 4:30 PM

Experience Good Health, Wealth, Love, Happiness & Freedom Week

A FREE Introduction Session

Meeting ID : 820 3976 3473 | Passcode : gurukul

SYSTEM RUN BY USA GURUKUL

CENTERS AVAILABLE : THALTEJ GURUKUL | SGVP GURUKUL | MEMNAGAR GURUKUL | GANDHINAGAR GURUKUL | ONLINE GURUKUL

Gurukul Team : +91 63526 02274, +91 84014 05595, +91 73872 62558



GURUKUL YOG UTSAV

**Building 21st- Century Women With Good Health,
Wealth, Love, Happiness & Freedom**

Building 21st Century Women:

It is the day & age of multi-talented and multifaceted 21st century women, who handle their personal & professional lives skillfully. However, the constantly changing lifestyle and stressful environment across the world, women are suffering from different issues like physical health, mental trauma, emotional setback, financial breakdown, over expectation of Family, society judgment and list goes on and on...

Since 1947 till today, Gurukul always comes up with an initiative to make a huge & meaningful impact on the society. This time as well, The Gurukul is standing along with women and introducing Gurukul Yog Utsav.

Once Again, Gurukul Yoga Family has come up with "21 Days" Gurukul Yog Utsav with 21 different; women centric; Holistic Transformation Theme, in order to give women a special forever gift of good health, wealth, love, happiness & freedom.

Welcome to Gurukul Yog Utsav.

Book your experience now and transform your life forever.



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GURUKUL YOGA GUTSAV

Building 21st- Century Women With Good Health, Wealth, Love, Happiness & Freedom

Join Any Day - Any Date - Any Time - Any Session

HEALTH WEEK

- 1 - Gurukul Yoga For Back Pain, Neck Pain & Joint Pain
- 2 - Gurukul Yoga For High B.P. & Diabetes
- 3 - Gurukul Yoga For Thyroid & Stress Relief
- 4 - Chandra Namsakar
- 5 - Gurukul Yoga For Weight Loss

WEALTH WEEK

- 6 - Yoga As a Career
- 7 - Turn Yoga Passion into Profession
- 8 - Yoga For Family Care
- 9 - Yoga for Passive Income & PWG

LOVE WEEK

- 10 - Yoga for Hormonal Imbalance & Irregular periods
- 11 - Ashtanga Vinyasa flow & Gurukul Yoga for flexibility
- 12 - Kids Yoga-Pregnancy Yoga & sirsasana Challenge
- 13 - Yoga for PCOS & PCOD
- 14 - Gurukul Face Yoga

HAPPINESS WEEK

- 15 - Heal Through Yoga Therapy
- 16 - Power of Yoga Asanas
- 17 - Pranayama : Breath Power & Spiritual Yoga Journey
- 18 - Meditate Like A Master & Future of Yoga Mastery

FREEDOM WEEK

- 19 - Mindfulness Meditation & Guided Meditation
- 20 - Beyond Yoga Asanas & 21st Century yoga with music
- 21 - Anti-Aging Yoga & Gurukul Yoga



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GURUKUL YOGA FOR BACK PAIN, NECK PAIN & JOINT PAIN

“21 Instant Relief Yoga Techniques For Pain Management”



- 🔥 Why Shouldn't You Ignore Back Pain & Neck Pain
- 🔥 Causes Commonly Leads To Back Pain & Neck Pain
- 🔥 Remove Stiffness Of The Muscles
- 🔥 Maintain Your Natural Spine Alignment
- 🔥 Learn How To Help Those People Who Are Suffering From Back Pain, Neck Pain, Sciatica, Slip Disc



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GURUKUL YOGA FOR HIGH B.P.

“21 Instant Relief Yoga Techniques To Lower Blood Pressure“



-  Asanas To Slow Down The Abnormal Heart Rate
-  Pranayama & Breathing Practices To Reduce Incidences Of Heart Attack & Strokes
-  Meditation Practices For Positive Energy, Alleviating Stress And Lowering Blood Pressure Instantly
-  Food Habits To Lower Cholesterol Levels And Maintain Your Blood Pressure
-  Learn How To Help Those People Who Are Suffering From High Blood Pressure, Heart Attacks, Bypass Surgery



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GURUKUL YOGA FOR DIABETES

“21 Instant Relief Yoga Techniques To Reduce Diabetes“



- 🔥 Special Kriyas To Regulate The Level Of Insulin
- 🔥 Activates Internal Organs To Balance Blood Sugar
- 🔥 Rejuvenate Pancreatic Cells By Controlling Blood Sugar
- 🔥 Increase Muscle Endurance By Stimulating Blood Flow In Muscles
- 🔥 Learn How To Help Those People Who Are Suffering From Diabetes



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GURUKUL YOGA FOR THYROID

“21 Instant Relief Yoga Techniques To Reverse Thyroid“



- 🔥 Special Techniques To Stimulate Throat
- 🔥 How To Increase Blood Circulation In The Neck Region
- 🔥 Why Shouldn't You Ignore Thyroid
- 🔥 Special Ujjayi Technique To Reverse Thyroid Quickly
- 🔥 Learn How To Help Those People Who Are Suffering From Hypo Thyroid And Hyper Thyroid

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GURUKUL YOGA FOR STRESS RELIEF

“21 Special Yoga Techniques To Calm The Mind, Relax The Body And Release Tension.”



- 🔥 Why Shouldn't You Ignore Stress & Different Ways To Manage Stress
- 🔥 Attitude Of Gratitude
- 🔥 Increase Self-Esteem And Become More Happier, Healthier & Productive
- 🔥 Improve Your Personal Relationships With Stress Free Mindset
- 🔥 Learn How To Help Those People Who Are Suffering From Stress, Depression & Anxiety

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08 CHANDRA NAMASKAR

“Cool Down, Rejuvenate & Relax”



-  Step By Step Moon Salutation & Its Benefits
-  Enhance Creative Energy
-  Better Sleep Quality & Balance Emotions
-  Stretches & Strengthens The Spine, Hamstrings, Back Of Legs And Stomach Muscles
-  Balancing The Functioning Of The Circulatory, Respiratory And Digestive Systems

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GURUKUL YOGA FOR WEIGHT LOSS

“The Secrets Of Gurukul Yoga To Burn Fat, Stay Slim & Remain Young”



-  9 Yoga Asanas Poses To Help You Lose Weight Fast
-  Regulates Complete Body Workout
-  Improves Athletic Health, Increases Flexibility & Improves Cardio Health
-  Yoga Weight Loss Secrets To Melt Belly Fat, Trim Inches And Get A Youthful Attractive Body
-  Special Practices To Get More Energized & Lose Guaranteed 1 Kg In 7 Days



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YOGA AS A CAREER

“7 Ways To Make Teaching Yoga A Fulfilling & Rewarding Career“



-  Beautiful Way To Connect With Yourself, Your Loved Ones & Later With Your Future Students
-  Flexible Working Hours & Start Teaching Anywhere In The World
-  Make A Fortune By Teaching What You Really Love Doing
-  Start This New Career At Any Age & No Retirement
-  Opportunity To Go Global & Earn Minimum Rs. 1 Lakh A Month



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TURN YOGA PASSION INTO PROFESSION

“Grab The Trending Opportunity & Make Your Dream Comes True“

#GurukulYogaFamily YOUR SECOND HOME

gurukul.yoga THE YOGA UNIVERSITY INTERNATIONAL SGVP



7

- 🔥 How To Find Your Passion, Build A Business Around It And Create A Life Where Every Day Feels Like Sunday
- 🔥 How To Build A Successful And Rewarding Career In Health, Fitness & Wellness Industry
- 🔥 How To Build A Business Around Your Yoga Passion
- 🔥 How To Develop The Right Skills & Learn Professional Development
- 🔥 How To Use Your Yoga Passion As A Way To Serve People And Make Their Lives More Fulfilling



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YOGA FOR FAMILY CARE

“Keep Your Family Healthy/ Happy And Save Lakhs Of Rupees On Medical Expenses”



-  Learn How To Create 12 Healthy Habits In Your Family
-  Introduce Yogic Lifestyle To Your Family For Disease Free Life
-  How To Develop Strong Bonds As A Familypreneur
-  Become Guardian Angels For Your Family To Create Every Morning Beautiful
-  Build One Big Happy Yoga Family With Living A Healthier/ Happier Life Together



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YOGA FOR PASSIVE INCOME

“Help Others & Earn At Least Rs. 30000+ Every Month Effortlessly“



9

-  Proven 7 Steps System To Build Passive Income
-  Unlimited Potential For Growth
-  Discover What You Really Love Doing & Earn As Much As You Want
-  Learn Practice Skill To Serve People, Impact Their Lives & Make A Fortune
-  Create An Unstoppable Stream Of Passive Income & Enjoy True Financial Freedom



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PARTNER WITH GURUKUL

“Join Gurukul Yoga Family & Discover Your Brand-New Life”



9

- 🔥 Gurukul Proven System To Become An Expert In Asanas, Pranayama & Meditation
- 🔥 Become Internationally Renowned Yoga Expert To Help Others To Have Healthier & Happier Life
- 🔥 How To Start A 10 K To 10 Lakhs A Month Yoga Journey Without Doing 80% Of The Work
- 🔥 Sep-By Step Process For How To Become An Author, From Writing Your Book To Getting Published
- 🔥 365 Days Evergreen Framework To Create Best Daily Yoga Class For Your Students



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GURUKUL YOGA FOR HORMONAL IMBALANCE

“21 Simple & Very Effective Yoga Techniques To Balance Hormones“



-  How To Stimulate The Endocrine System And Improved Their Functioning
-  Special Techniques To Balance Mood Swings
-  Yogic Way To Reduce Stress And Calms The Mind
-  How To Circulate Consistent Hormones
-  Special Techniques To Keep The Energy High Throughout The Day



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GURUKUL MOON CYCLE YOGA FOR PERIODS

“Yoga To Get Your Menstrual Cycle Back On Track“



- 🔥 Exclusive Yoga Techniques For Ovulation & Pre-Ovulation Phase
- 🔥 Practices To Cure Irregular Periods
- 🔥 Kriyas & Breathwork To Naturally Ease Menstrual Cramp
- 🔥 Yoga Routine During The Periods And Yogic Lifestyle To Regulate The Periods
- 🔥 Yoga Practices For The Menstrual & Premenstrual Phase



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ASHTANGA VINYASA FLOW

"The Perfect Full Body Workout For Women"



-  Begin Or Expand Your Yoga Practice
-  Increase Strength & Improves Flexibility
-  Increase Muscle Tone & Reduce Body Fat
-  Surya Namaskar, Standing Sequence, Primary Series, Backbends & Finishing Sequence
-  Learn & Practice Modern-day Form Or Classical Indian Yoga

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KIDS YOGA-PREGNANCY YOGA

“Get Happy, Healthy With Yoga & Special Techniques For Kids Yoga“



- 🕯 Every Morning Yoga Sequence For Fertility
- 🕯 Yoga & Mindfulness Program To Help Every Child To Improve Attention & Emotional Balance
- 🕯 Combines Postures, Controlled Breathing And Meditation For Pregnancy
- 🕯 Stretch The Abdominal Region Which Increases The Blood Flow To The Reproductive Organs
- 🕯 Exclusive Techniques For Sloka Chanting, Fun Games, Special Kids Yoga Summer Camp Theme, Yoga Techniques For Kids Yoga



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SIRSASANA CHALLENGE

"Overcome Fear & Explore New World Upside Down"



- 🔥 Fundamentals Of Sirsasana And Get In To & Out Of Headstand Safely
- 🔥 Preparing Yourself For Sirsasana And Warm Up Routine For Sirsasana
- 🔥 90-degree Headstand With Reverse The Effect Of Gravity In Your Body
- 🔥 Headstand Stimulate A Physical And Mental Feeling Of Harmony And Balance
- 🔥 Lots Of Fun, Drill, Strength Building And Fearless Approach To Queen Of Sirsasana

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GURUKUL YOGA FOR PCOS AND PCOD

“ 21 Simple, Safe And Effective Yoga Techniques For Women Suffering From Pcos And Pcod ”



-  Decreases Testosterone Level And Alleviates Symptoms Of Anxiety And Depression
-  Promotes Physical And Mental Body Relaxation And Balances Mood
-  Helps To Reduce Acne On The Face
-  Helps To Regulate Periods
-  Reduces Infertility



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GURUKUL FACE YOGA

"The Secret Of Natural Glow On Your Face"



- 🔥 5 Best Face Yoga Exercises You Should Do Daily & Studying Facial Anatomy
- 🔥 Remove Wrinkles, Dark Circles, Acne, Pigmentation And Tone Your Facial Muscles & Reduce Facial Ageing
- 🔥 Understanding The Position Of Meridians And Acupressure Points On The Face
- 🔥 Proper Understanding Of Skin Types, Muscles And Their Movement And Facial Dexterity
- 🔥 The Miracles Of Gurukul Face Yoga For Natural Glowing Skin



JOIN US TODAY! | TIME : 3:30 PM to 4:30 PM
Experience Good Health, Wealth, Love, Happiness & Freedom Week
A FREE Introduction Session
Meeting ID : 820 3976 3473 | Passcode : gurukul



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GURUKULYOGA GUTSAV

Building 21st- Century Women With Good Health, Wealth, Love, Happiness & Freedom

HEAL THROUGH YOGA THERAPY

"Encourage Injury Prevention And Facilitate The Healing Process"



-  Understanding Movements Of Joints, Bones, Muscles, Ligaments, Tendons
-  Understanding The Effect Of Yoga Asanas, And Pranayama On Our Body Scientifically
-  Understanding The Importance Of Alignment In The Body
-  Understanding How To Manage Pain, Diabetes, BP & 15+ Different Diseases
-  Understanding When To Let Go And Not To Push Yourself



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POWER OF YOGA ASANAS

"Become Master Of 200 + Asanas From Beginner To Advanced Level"



-  55+ Forward Bending Asanas Sequence Flow
-  50+ Backward Bending Asanas Sequence Flow
-  45+ Twisting Asanas Sequence Flow
-  40+ Side Bending Asanas Sequence Flow
-  15 + Inversion Asanas Sequence Flow



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PRANAYAMA : BREATH POWER

"Master The Breathing Technique & Increase Lifespan"



- 🔥 Understand Science Behind Powerful Breathing Techniques
- 🔥 Explore And Understand Mechanics Of Breathing
- 🔥 Introduction To Yogic Breathing, Pranayama, Kapalbhati, Anuloma Viloma, Bhramari, Bhastrika
- 🔥 Experience The Power Of Breathing & Boost Your Immunity
- 🔥 How To Increase Your Lung Capacity & Energise Throughout The Day

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GURUKULYOG GUTSAV

Building 21st- Century Women With Good Health, Wealth, Love, Happiness & Freedom

SPIRITUAL YOGA JOURNEY

“Unfolding 4 Major Paths To Discover Yourself ”



- 🔥 Experience The Karma Yoga, Bhakti Yoga, Raja Yoga & Jnana Yoga
- 🔥 Enhance Spiritual Quotient With Yoga
- 🔥 Learn The Yogic Spiritual Life Of Action, Devotion & Intellect
- 🔥 Expand Your Awareness With The Inner Working Of Energy & Consciousness
- 🔥 How To Discover And Express Yourself



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MEDITATE LIKE A MASTER

“Become Multitasking Women With Peaceful Mind & Peaceful Life”



-  How To Get Started With Meditation, Feel Better, Reduce Your Stress And Enjoy Life A Little More
-  The Psychology Of Meditation And Meditation For Emotional Growth
-  Most Advanced Meditation Techniques For Healthy Relationships
-  Master How To Confidently Design And Conduct Your Own Meditation Classes, Workshops & Retreat
-  21 Different Styles Of Meditation For Well-being And Peak Performance In All 4 Pillars Of Your Life



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FUTURE OF YOGA MASTERY

“7 Modules To Become An Internationally Certified & Highly Paid Successful Yoga Teacher / Yoga Expert / Yogipreneur / Gurukulpreneur”



LEARNING & TEACHING THE GURUKUL YOGIC SYSTEM

- Practice yoga and transform your life with the world's leading, authentic & traditional yoga institute.
- Exclusively designed 7 yoga modules to bring out the incredible yoga expert in you.
- One of the only places in the world that brings together a team of Swamis, Doctors and successful professional yoga experts.
- International yoga certification with practical tools to actively balance your life & the lives of others.
- How to build a profitable & successful yoga career from scratch, where you can earn over 1 lakh a month.

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MINDFULNESS MEDITATION & GUIDED MEDITATION

“Build A Strong Relationship With Yourself For A Peaceful Life”



-  Increases Life Satisfaction
-  Improves Mood, Attention And Quality Of Life
-  Establishes Intention In Life Choices
-  Helps Regulate Emotions
-  Gaining A New Perspective In Stressful Situations



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BEYOND YOGA ASANAS

“Experience Good Health, Wealth, Love, Happiness, Freedom“



- 🕯 Health: How To Experience The Greatest Gift That You Have
- 🕯 Wealth: How To Experience More Fulfilling Life
- 🕯 Love: How To Experience Your True Nature
- 🕯 Happiness: How To Experience Your State Of Mind
- 🕯 Freedom: How To Experience The Highest Form Of Health, Wealth, Love, Happiness.

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21ST CENTURY YOGA WITH MUSIC

“Enjoy Dance Yoga Workout”



- 🔥 Step By Step Full-Body Flow
- 🔥 Various Poses Of Yoga With The Fluid Movement Of Dance & Music
- 🔥 Releases Endorphins Which Trigger A Happy Feeling In The Body
- 🔥 Unwind Your Body And Mind
- 🔥 Modern Dance With Yoga Elements For Electrifying Workout



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GURUKUL ANTI-AGING YOGA

"Step On The Mat, Breath And Rediscover Your Beauty"



7 Ways To Maintain A Youthful Appearance



Special Yoga Poses To Stop Aging And Stay Young



Special Diet To Retain Strength And Delay Aging Process



Enhanced Balance, Flexibility, Strength And Increase Your Longevity



Anti-aging Yoga Routine For Youthful Skin

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“A Complete Yoga Guide”



- 🔥 Experience All The Different Styles Of Yoga
- 🔥 Iyengar Yoga, Ashtanga Yoga, Vinyasa Yoga, Hatha Yoga
- 🔥 Power Yoga, Kundalini Yoga, Restorative Yoga
- 🔥 Rope Yoga, Raja Yoga, Hot Yoga, Karma Yoga
- 🔥 Yin Yoga, Jivanmukta Yoga, Vini Yoga And Many More



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Welcome To Gurukul And

YOUR SECOND HOME FOR

Good Health-Wealth-Love-Happiness-Freedom

“A New Address For Your Healthy & Happy Lifestyle!”



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