

THE BEGINNING OF YOUR YOGA JOURNEY

"No Experience? No Problem!"

Start your transformation from the ground up with Gurukul's free foundational training

- Specially designed for beginners with no yoga background.
- Overcome health barriers with adapted yoga practices.
- Age, weight, and previous experience are not factors—everyone is welcome.

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GURUKUL
SISTERS
FAMILY



SHREE SWAMINARAYAN GURUKUL
THE YOGA UNIVERSITY
INTERNATIONAL
Forthcoming



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

FREE! YOGA EXPERT
FOUNDATIONAL TRAINING : JOIN TODAY

JOIN OUR LIVE SESSION TODAY! | TIME : 3:30 PM to 4:30 PM
Discover Gurukul 3.0 : A FREE Introduction Session
Meeting ID : 820 3976 3473 | Passcode : gurukul

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

YOUR HEALTH, OUR PRIORITY

"Health Issues Can't Hold You Back"

Our compassionate instructors guide you through healing practices

- Individual attention to address health concerns.
- Gentle asanas to suit your unique body needs.
- Support for overweight participants to begin comfortably.

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AGE-DEFYING YOGA

"Never Too Late To Start A Yoga Journey"

Our yoga adapts to your life stage - flourish at any age!

- Embrace a practice that matures with you.
- Techniques to aid mobility, balance, and strength.
- Tailored sessions for enhancing vitality and youthfulness.

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YOGA FOR THE BUSY BEES

"Busy Life? Yoga Gives Back Time"

Discover quick yoga flows that fit into your hectic routine

- Sessions designed for the active working woman.
- Learn practices that you can do at home or at work.
- Efficient routines that maximize health benefits in a short time.

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THE EMPOWERED HOMEMAKER

"Homemakers Need Self-Care Too"

Nurture the nurturer within you through our specialized yoga sessions

- Yoga sequences to help manage household stress.
- Breathing techniques for energy and patience.
- Building a community of strong homemakers.

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THE COURAGE TO START

"Yoga Begins With A Single Pose"

Overcome Doubt And Fear In A Supportive Environment

- Personalized guidance to boost confidence.
- Success stories from women just like you.
- Emphasis on mental well-being and overcoming personal challenges.

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FLEXIBILITY FOR EVERY AGE

"Stiffness Isn't A Roadblock"

Find fluidity in movement, no matter
your starting point

- Special focus on increasing flexibility and reducing stiffness.
- Techniques to gently stretch and strengthen your body.
- Adaptive yoga postures for varying levels of mobility.

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YOGA AS A CAREER LEAP

"Empower Others With Your Passion For Yoga"

Turn your yoga practice into a fulfilling career

- Insights into building a career in yoga teaching.
- Mentorship from experienced yoga professionals.
- Tools and strategies to start your own yoga business.

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HOLISTIC MENTAL HEALTH THROUGH YOGA

"Mental Health Matters. Yoga Can Help"

Experience the mental clarity that comes
with regular practice

- Mindfulness and meditation techniques for mental peace.
- Yoga practices specifically for anxiety and stress relief.
- Supportive community fostering emotional well-being.

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YOGA FOR BODY POSITIVITY

"Every Body Is A Yoga Body"

Embrace body positivity and self-love
on the mat

- Yoga sessions promoting self-acceptance and body confidence.
 - Positive affirmations integrated into yoga practice.
- Learn to listen and honor your body's needs with each asana.

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YOGA FOUNDATION FOR EVERY WOMAN

"Begin Your Wellness Journey With Confidence"

Step into your power - no experience necessary!

- Perfect for beginners and those returning to yoga.
- Overcome health challenges with tailored yoga routines.
- Friendly, supportive environment focused on growth.

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YOGA AS YOUR SUPPORT SYSTEM

"Let Yoga Be Your Sanctuary"

Transform tension into tranquility

- Manage home responsibilities with mindfulness and balance.
- A program designed for busy housewives and working women.
 - Short, effective sessions to fit into your life.

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YOGA FOR HEALTH EMPOWERMENT

"Make Well-being Your Priority"

Your health transformation starts with a single yoga pose

- Address weight concerns with gentle, effective yoga.
 - Suitable for all ages and levels of health.
- Learn yoga that adapts to your body, not the other way around.

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#GurukulYogaFamily YOUR SECOND HOME

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YOGA FOR NEW BEGINNINGS

"It's Never Too Late For A Fresh Start"

Unlock the door to new possibilities

- Ideal for those seeking a meaningful change in life.
- Specially designed for those starting new chapters.
- Supportive guidance at every step of your journey.

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FINANCIAL FREEDOM THROUGH YOGA

"Turn Passion Into Prosperity"

Teach, inspire, and earn with yoga

- Discover how yoga can offer you a path to financial independence.
 - Learn marketable skills for a fulfilling career in yoga.
 - Practical tips on growing your student base and income.

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COMMUNITY AND CONNECTION IN YOGA

"Together, We Thrive"

Community is at the heart of our practice

- Be part of a supportive network of women empowering women.
 - Share experiences, grow together, and build lasting bonds.
- Exclusive community events for members to connect and network.

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THE POWER OF YOGA THERAPY

"Your Natural Remedy Awaits"

Embrace yoga as your ally in health

- Special sessions focused on yoga for healing and pain management.
 - Tailored yoga prescriptions for chronic conditions.
- Learn self-care techniques that empower you to manage your well-being.

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YOGA FOR MINDFUL PARENTING

"Nurture With Serenity"

Calm in the heart, clarity in the mind

- Yoga practices for managing parenting stress with ease.
- Build patience and presence for joyful parenting.
- Connect with your children through shared yoga sessions.

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MEDITATION FOR STRESS RELIEF

"Release The Tension, Reclaim Tranquility"

Your pathway to peace amidst turmoil

- Techniques to diffuse stress and anxiety effectively.
- Guided sessions to help you unwind and relax deeply.
 - Create your oasis of calm in a hectic day.

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MEDITATION FOR EMOTIONAL BALANCE

"Balance Your Emotions, Enhance Your Life"

Steady the waves of your emotions with us

- Meditative practices tailored for emotional regulation.
 - Learn to navigate mood swings with grace.
- Foster resilience and joy through focused meditation.

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MEDITATION FOR SELF-APPRECIATION

"Cultivate Self-love, One Breath At A Time"

Uncover the joy of being you

- Specialized meditations for building self-esteem and appreciation.
 - Empower yourself with affirmations and mindfulness.
 - Discover the art of self-care through meditation.

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MEDITATION FOR RELATIONSHIP HARMONY

"Cultivate Connections, Cherish Relationships"

Bridge hearts with the calmness of meditation

- Meditation practices to strengthen compassion and empathy.
 - Tools for resolving conflicts and deepening bonds.
- Shared meditation sessions to enhance understanding and love.

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YOGA FOR INNER PEACE

"Find Stillness Within"

Your sanctuary of peace in the midst of chaos

- Special meditation and pranayama sessions for deep relaxation.
 - Techniques to cultivate inner peace in everyday life.
- Guidance on maintaining equanimity in challenging situations.

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YOGA FOR FULL BODY WELLNESS

"Harmony For Body, Mind, And Soul"

A holistic approach to your best self

- Engage in yoga practices that cater to complete body health.
- Strengthen, tone, and detoxify with our varied yoga styles.
- Embrace practices that nourish your spirit and sharpen your mind.

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