

# Integral Yoga®

## Princeton Community Center

a 501(c)(3) nonprofit service organization

### SERVING THE PEOPLE & COMMUNITY OF PRINCETON AND BEYOND

PRINCETON SHOPPING CENTER, 301 N. HARRISON STREET, BLDG A - SUITE 1E, PRINCETON, NJ 08540

#### OUR MISSION

**Princeton IYCC**  
nurtures physical and mental wellness,  
spiritual awakening and growth,  
and empowers and inspires people  
to serve in their communities  
with joy, wisdom and compassion.

#### FREE COMMUNITY CENTER SERVICES

- Open daily for everyone
- Dedicated meditation room, “The Oasis”, for quiet reflection
- Regular guided meditations
- Special spiritual library, “Namarupa”
- Book club gatherings
- Self-service tea and healthy snacks
- Weekly scripture studies
- Monthly Community Yoga Day - all classes free for everyone
- Monthly Dinner-&-A-Movie
- Monthly Family Karaoke
- Monthly Labyrinth Guided Mindfulness Meditation Walks
- Monthly Chanting and Drum Circle

#### PUBLIC HEALTH FEATURES

- Only Integral Yoga is used by Dr. Dean Ornish for his Reversing Heart Disease programs worldwide and by Michael Lerner for his Commonwealth Cancer Treatment programs
- Restorative Yoga sessions weekly
- Chair Yoga and Gentle Yoga weekly
- Candlelight Yin Yoga weekly
- Aerial Yoga Therapy
- Teen Yoga and mentoring/support
- Free space weekly for Breast Cancer Resource Center’s Restorative Yoga & Healing Meditation sessions



#### OTHER SPECIAL SERVICES

- Monthly JourneyDance
- T’ai Chi Ch’uan
- Scholarships for teens and others
- Poetry Slams & Jams
- Aerial Yoga
- AcroYoga
- Children’s Yoga
- International presenters on health and spiritual wisdom
- Program for teen moms from Trenton Department of Children and Families
- Leading Girl Scout Troop for 2-week Yoga, Mindfulness and Meditation Program

#### A FEW OF THE PROGRAMS AT PRINCETON IYCC

- Rabbi Shefa Gold - Becoming Whole / Becoming Healers
- Swami Mahesh: Prana Vidya - The Self-Healing Energy Work
- Jayadeva: Raja Yoga - The Science of the Mind
- Sri Shyamji Bhatnagar - Yoga of Sound & The Chakras
- Wah! - Healing Concert

#### YOGA TEACHER TRAINING

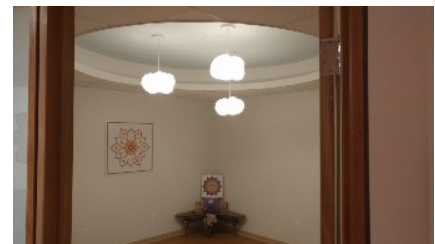
- Yoga Alliance 200-hr Training
- Restorative Yoga Teacher Training
- Aerial Yoga Teacher Training
- Yin Yoga Teacher Training
- Yoga Alliance 300-hr Advanced Training



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[www.iyccprinceton.org](http://www.iyccprinceton.org)

# Integral Yoga Princeton Community Center

a 501(c)(3) tax-exempt charitable organization

*The Place for Yoga in Princeton!*

**OM Beloved Friends,**

**We are grateful for your support. Thank you.**

Your participation and support mean so much to us and to everyone touched by this significant work bringing important offerings to the Princeton community and beyond.

We continue to partner with Princeton High School Guidance Department and HiTops, and others helping teens with their challenges.

We provide many, many free services to the community. (**see reverse for details**)

**We depend on your support in order to provide these important services, and ask you to please consider making a contribution:**

**IYCC Advocate: \$54**

**IYCC Pillar: \$270**

**IYCC Benefactor: \$1,008**

**OR**

**IYCC Sustainer:**

**an ongoing monthly contribution of \$20/month, \$10/month, \$5/month, or any amount of your choice**

Your monetary support helps to **make scholarships available**, and keep our **rates the lowest available in the Princeton area**. **Please give whatever you can.** Your meaningful contribution will enable us to continue offering a wide range of needed, valuable services for our community! (**see reverse for details**)

**Your contribution is tax-deductible.**

**Princeton IYCC is a 501(c)(3) charitable, nonprofit service organization.**

**please contribute to support this work**

Use the **"Donate"** tab at the top of our website.

***May you ever remain blessed and a blessing!***

***With gratitude, blessings and love,***

## **IYCC Staff**

**Jayadeva**, Director

**Ron Cohen**, Manager

**Adnan Shamsi**, Operations Supervisor

**Heather Bush**, Community Outreach

**Nzinga Kambon**, Receptionist

**Sudarsna Mukund**, Receptionist

## **IYCC Board of Trustees**

**Patty Schorr**, Chair, **Vasu Iyengar**,

**Hanuman Ryan Coulter**

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## **IYCC Resource Development**

**Robert Levine**, Chair, **Jaymie Subhadra Kosa**,

**Abhaya Unnati Patel**, **Keyur Desai**,

**Rashma Sharma**, **Surinder Sharma**

***Let the beauty we love be what we do. ~ Rumi***