

**Ann Arbor Yoga and Meditation
Yoga Alliance Registered School
RYS200, RYS300, RYS500. Since 2007**

www.YogaAndMeditation.com



**RYT200, and Advanced RYT300 HOLISTIC Yoga Teacher Trainings
Start March 12 or Choose Flex Start/Finish Dates.
One weekend retreat at SW Lake Michigan is included per level at no extra cost (\$559).**

(Scroll Down for Tuition Fees and Savings).

Overview

Our programs are holistic and based on 40 years of training teachers worldwide. Our approach is highly experiential, and personalized. It takes in account teacher trainees' talents, interests and goals. The programs are designed to be enjoyable and easy-to-follow. Graduation is based on active participation, homework completion, and attendance (in-person and online). Upon graduation you can register with the Yoga Alliance directly as RYT200/RYT300.

Program Objectives

- Trainees will systematically develop and deepen their understanding of all aspects of yoga, including yoga nidra and many types of meditation
- Trainees will develop and deepen their personal yoga meditation practice
- Trainees will develop skills to safely teach variety of populations

Formats include:

Small group and one-on-one training. Self-paced FLEX and EXPRESS options are available. One weekend retreat at SW Lake Michigan is required per level and retreat accommodation cost is included in your program tuition fee. If you pre-qualify, you may opt in for a hybrid (part in-person part virtual training).

Training Schedule:

Groups meet in-person/online on select weekday afternoons/evenings, some Saturday afternoons and/or Sundays. We accommodate for busy schedules.

Training includes:

Asana (postures), Pranayama (a great variety of breathing techniques), Mudra, Bandha, Yoga Nidra (progressive guided relaxation), Meditation Techniques (our school's specialty), Methodology, Subtle Yoga Anatomy and Physiology, Yoga Philosophy, Yoga Lifestyle, Ethics, and Spirituality, Practicum, Working with Special Populations, The Business of Teaching Yoga, and much, much more.

Skilled, Uniquely Trained and Very Experienced Lead Instructor

Ema Stefanova M.A. E-RYT500, C-IAYT is a compassionate master teacher, and a direct disciple of Swami Satyananda Paramahansa, the founder of the International Yoga Fellowship Movement, and author of over 80 yoga and meditation titles. Ema has also taught in academia at the University of Michigan, EMU, and WCC.

Textbooks, Audio and Video:

Required textbooks cost is not included in your Teacher Training Program fee and it will not exceed \$100 for the RYT200-hour level. The complete textbook list will be assigned upon your acceptance in the program.

The Difference:

Our programs are a cut above what gym-like yoga studios offer, from the uniquely intact authentic yoga and meditation we practice, to our proven methodology of a world-class tradition, years of experience training teachers, quality textbooks and reference books used, to the variety of programs you will learn for various populations with benefits and contraindications for common health conditions, to your opportunity to attend an ashram lifestyle retreat at the Vivekananda Retreat Center at SW Lake Michigan. Whether your interest lies in physical health and fitness, therapeutic yoga, or yoga as a science of consciousness and spiritual training, we will guide you all the way.

YOUR RYT200, & ADVANCED RYT300, RYT500 TEACHER TRAINING INVESTMENT

RYT200 Teacher Training (paid in full with cash, check, or transfer of funds):

- ☐ RYT200 Start 3/12/24 \$3,100 when prepaid 100% with direct transfer of funds up to 3/10/2024.
- ☐ Payment Plan Option \$3,400 when 50% prepaid up front with direct transfer of funds.

RYT300 Advanced Teacher Training

- ☐ Flex Start/Finish Dates \$4,100 paid in full by 3/10/2023 with direct transfer of funds
- ☐ Flex Start/Finish Dates \$4,400 (when 50% prepaid up front with direct transfer of funds)

SPECIALTY TEACHER TRAINING [YA approved CE hours for all level RYT's]:

- 1. Yoga Nidra Certification (YNC)** ☐ Flex Start/Finish Dates \$1,800
- 2. Pranayama/Meditation Certification (PMC)** ☐ Flex Start/Finish Dates \$1,800

The Application Process:

1. Print, fill out and send/bring your Teacher Training Application Form.
2. A one-time \$500 deposit must accompany your application and will count toward selected teacher training program tuition fee.
3. Applicants for RYT300 and RYT500 programs please schedule a phone/in person interview before/after you send your application.

What Ann Arbor Yoga and Meditation RYT Graduates Say

“After finishing a 200-Hour program at another studio in Ann Arbor, I thought I would not want to continue, until I saw a close friend of mine trained by Ema teach a class. Also, Ema taught me how to truly meditate on Day 1.”

D. F., AAYM RYT500 School Graduate

"I still can't believe that I somehow managed to find a source of authentic knowledge, wisdom and experience in this day and age. We are overrun with input and constantly being sold something. Sadly, that trickles into what should be full of nothing but heart, yoga. I am eternally grateful to Ema of Ann Arbor Yoga and Meditation for her earnest teachings and dedication to her own spiritual pursuits. Satyananda yoga offers a practical method for whatever condition or curiosity you may have. If you've found Ann Arbor Yoga and Meditation, I wouldn't second guess the instinct to check it out. My decision to study with Ema has changed my life in profound and meaningful ways. At Ann Arbor Yoga and Meditation I learned all the tools I needed to create a full, balanced and joyous life. It's hard to think of living the way I did before giving my world order and meaning with Satyananda yoga. It's a truly priceless gift! :-) Thank you Ann Arbor Yoga and Meditation for sharing the light of yoga with your students. ॐ

A.L. AAYM RYT200 & RYT300 Graduate.

"Loved the training program."

AAYM RYT200 Graduate [SOM Judge]