

ॐ Ann Arbor Yoga & Meditation

Special Offers Valid for Purchases Made by March 31, 2024



SW LAKE MICHIGAN HOLISTIC GENTLE YOGA & MEDITATION RETREATS

[Beginners and pros are welcome. Up to 12 YA Continuing Education hours for RYT's]

4/25-28; 5/27-6/2; 6/27-30; 7/18-21; 8/8-11; 8/15-18; 9/5-8; Choose from 4-Day or 3-Day options.

3 Day Retreats cost is \$530/person or \$1,038 for two people. Payment must be received by 3/25.

4 Day Retreats: cost is \$715/person or \$1,400 for two people. Payment must be received by 3/25.

2-DAY SEMINARS [SATURDAY WORKSHOP 2:00-4:00 PM AND/OR

SUNDAY HALF-DAY RETREAT 1:00-4:00 PM] on 3/9-10; 3/16-17; 4/13-14; 5/18-19;

\$199/179 EARLY SATURDAY ONLY \$69/\$59 EARLY SUNDAY ONLY \$150/\$135 EARLY

PRIVATE FAMILY YOGA THERAPY/PRIVATE YOGA MEDITATION PACKAGES

\$680 - 4 Sessions at our location – for families of 4 (2 adults and 2 children/teens)

PRIVATE MEDITATION COURSE – TOTAL BEGINNERS OR ANY LEVEL

\$675 - Series of 6 with support via phone and e-mail

YOUR RYT200, & ADVANCED RYT300 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

WORKPLACE WELLNESS PROGRAMS: Help relieve stress, lift employee morale. Schedule a one-time event, or an ongoing class at your site or ours.



www.YogaAndMeditation.com