

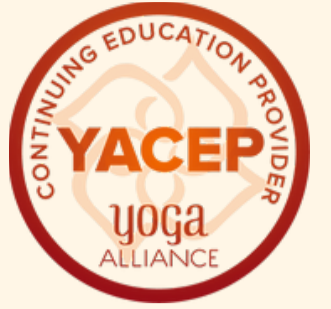
Ann Arbor Yoga and Meditation

2-Day Seminars



\$199
(\$179
Early price)

Saturdays 2:30-4:30pm and Sundays 1-5pm



Our holistic programs are well balanced and carefully crafted. Both beginners and pros will enjoy techniques chosen for their benefit.

**RYT 200 and RYT 500 Teachers earn 6 CE hours with the Yoga Alliance.*

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| <p>Jan 6 & 7</p> | <p><i>Experience Meditation</i></p> <p>The benefits of meditation are many. Learn how to meditate and truly relax. Our practical meditation will breathe fresh air into your life. A variety of meditation techniques will be introduced, since meditation is not a one size fits all practice.</p> |
| <p>Jan 13 & 14</p> | <p><i>Creativity, Positivity, Vitality, Health</i></p> <p>Discover how you can apply classical yoga and meditation to help your creative self blossom. Bring peace and positivity into your life. Learn Yoga Nidra, visualizations, yogic hygiene and even how to turn eating into a meditation for total health.</p> |
| <p>Jan 27 & 28</p> | <p><i>Stress No More</i></p> <p>Take time to experience peace at a deeper level. Learn to apply yoga and meditation in everyday life to improve your sleep, diet, relationships, and manage stress. Our approach is unique and hands-on. The well being benefits are huge.</p> |
| <p>Feb 10 & 11</p> | <p><i>Yoga for Computer People</i></p> <p>Take a break from screens and learn yoga to combat tech neck, keep your eyes healthy, improve poor posture and attention span, release tension, help manage stress, as well as issues with hands and wrists.</p> |
| <p>Feb 17 & 18</p> | <p><i>Meditation on the Chakras</i></p> <p>Learn how to deeply relax and bring more peace into your life, how to gain and sustain better health, better relationships, and more. Chakras are the energy wheels that drive your whole life. Learn practical meditations to get in touch and reach your goals.</p> <p><small>*Participants will get \$15 off one yoga therapy session</small></p> |

Held at: 1904 Federal Blvd. in Ann Arbor, MI.

Classes taught by Master Yoga Teacher: Ema Stefanova

Prepay and register in advance at: Yogaandmeditation.com

Inquiries write to: EmaStefanova@cs.com

