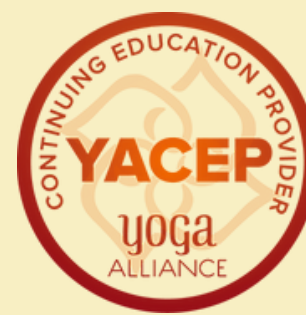


# Ann Arbor Yoga and Meditation

## 2-Day Seminars



Saturdays 2:00-4:00pm and Sundays 1-4pm



Our holistic programs are well balanced and carefully crafted for a deeply relaxing experience. Prepay in advance to reserve a space at this Urban Retreat.

*\*RYT 200 and RYT 500 Teachers earn 5 CE hours with the Yoga Alliance.*

<b>March 9 &amp; 10</b>	<b><i>Deep Relaxation and Meditation</i></b> Take time to experience peace at a deeper level. Learn therapeutic Yoga Nidra and meditation to apply to your life. Improve sleep, everyday living, relationships, and manage stress.
<b>March 16 &amp; 17</b>	<b><i>Yogic Spring Cleanse for Vitality &amp; Health</i></b> Learn what yogic hygiene is all about. Prepare for a healthy, effortless spring cleanse to naturally boost your immune system, help ease allergies and digestive problems, elevate moods and more!
<b>April 13 &amp; 14</b>	<b><i>Classical Yoga Therapy for Anxiety</i></b> Time tested practices to apply in your everyday life, at home, at work and on the go. Learn practical, gentle movements and health condition specific breathing. The type of meditation must suit one's temperament in order to work. Come find what works for you.
<b>May 18 &amp; 19</b>	<b><i>Pranayama - Mastering Your Breath</i></b> When you master your breath you can discover ways to cleanse, enhance, and get a healthier body and mind. Learn 10 different techniques, their benefits, contraindications and how to use each one to manage and improve your health.

*For best results, attend both Saturday and Sunday workshops.*

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](http://Yogaandmeditation.com)

Inquiries write to: [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com)