

**April 27-29, 2012 &
May 18-20, 2012**

Friday 2:00p.m. through
Sunday 2:00p.m.

Cost: \$295 per person

Cost: \$245 for commuters

Up to a month prior to retreat date
\$335 after that

Vegetarian meals, accommodations, and group
program fees are included. Additional fees
apply to private consultations.

Teachers Earn Continuing Education Credit

Please, make check payable and mail to:

Ema Stefanova M.A., E-RYT500

P.O. Box 1033,

Ann Arbor MI 48106-1033

Or register online at

www.YogaAndMeditation.com.

REGISTRATION DEADLINE: 4/23 and 5/14

If you cancel up to 72 hours prior to the event
scheduled date, 50% of the paid fee is non-
refundable.) No refunds after that. Sorry!
No shows same as cancellations.

RETREAT REGISTRATION FORM:

Name(s) _____

Address _____

City _____

State _____ Zip _____

Phone(s) _____

E-mail _____

Retreat Facilitator: Ema Stefanova,
owner of Ann Arbor Yoga and
Meditation is a living yoga master
from the world renowned Satyananda
medicinal and spiritual yoga lineage,
UM Integrative Medicine Referral
Practitioner of many years and a
published author. She has guided and
inspired individuals and professionals
worldwide since 1979! Ema's unique
and gentle teaching style makes one's
yoga and meditation experience easy,
meaningful, fun and memorable.



**WHAT OUR STUDENTS HAVE
SAID ABOUT RECENT RETREATS:**

*"Thank you Ema for an educational
experience on many levels." J.S. RN*

*"Yoga I learned has many subtleties,
physical and mental. I did find a lot of
peace this weekend." R.A.RYT*

*"Very peaceful - a very welcome refuge
from the "storm". So nice to be with such
a diverse group, able to find so much in
common." T.P.*

*"Great experience! I also feel I can carry
on these practices in my daily life. The
food was amazing." K.D.*

*"It was amazing to see the dedication of
the people living at the monastery. I
appreciated the total immersion yoga we
practiced, too!" K.S. RYT*



**Ann Arbor
Yoga & Meditation**

**Spring into Health
3-Day Retreats at
Vivekananda**

*With Ema Stefanova,
Yoga Master*



**To Register
CALL (734) 665-7801**

**EmaStefanova@cs.com
YogaAndMeditation.com**

Vivekananda Monastery and Retreat is owned by the Vivekananda Vedanta Society of Chicago, a branch of the Ramakrishna Math and Mission of India. It is a powerful healing place that has provided retreat for Ann Arbor Yoga and Meditation students and friends for over twenty years.

The property is located on 110 acres of rural, non-working farmland; and contains paths, peaceful settings and a small pond that provide an opportunity in which to restore a relationship with the rhythms



of nature. We also walk, ride bikes to and enjoy sunsets at nearby Lake Michigan beaches.

Accommodations: Rustic cabins and houses provide living spaces for men and women separately.

Vivekananda Monastery facilities include: a shrine, sacred spaces, an auditorium, a library, a bookstore, a museum, and more.

Distance from Ann Arbor and Directions: about 2.5 hours west. Detailed directions can be downloaded from our website at www.YogaAndMeditation.com

Questions?

Call 734/665-7801 or e-mail
Ema Stefanova@cs.com



*To attend this retreat no previous yoga and meditation experience is required!
Beginners through experienced yoga and meditation enthusiasts of all paths are welcome!
Come by yourself or bring a friend/family member and take this wonderful opportunity to relax, renew and recharge!*

We look forward to seeing you!

Retreat Program Includes:

Friday:

2:00p.m. Opening Circle
2:15a.m The Real Yoga: Deep Relaxation, Concentration and Healing Visualizations
3:30p.m.-5:30p.m. Specialty Gentle Yoga for physical, mental and emotional fitness
7:00p.m. Supper
8:00-9:30p.m. The History of Yoga - lecture and Q/A

Saturday/Sunday a.m.:

7:00.m. Morning Yoga and Meditation
8:30p.m. Light Breakfast
9:00a.m. -11:00 Yoga Specialty Stress-Management Workshop
1:00p.m. Lunch

Saturday p.m.:

2:00p.m. Kundalini Tantra Chakra Workshop for your Health and Wellbeing
3:30p.m.-5:30p.m. Specialty Gentle Yoga for physical, mental and emotional fitness
7:00p.m. Supper
8:00-9:30p.m. Satsang/ Kirtan: a fun and relaxing way to end the day