

Way to Health Yoga Therapy Workshops 2011

Held AIKIDO building at 1904 Federal Blvd., Ann Arbor, MI 48103
Sundays 11:00a.m. to 1:00p.m.

Cost: \$59 up to 7 days early/\$69 after that; take \$5 off when you prepay for two or more workshops

Your facilitator Ema Stefanova has taught since 1979 and specializes in Medical Yoga Therapy and Meditation.
Please, register today with payment at www.YogaAndMeditation.com to reserve your seat.

Yoga Therapy for Women's Health

April 3

From backache to headaches and depression, menstrual irregularities, obesity, high and low blood pressure, pregnancy, urinary system disorders, to varicose veins, special applications of Medical Yoga Therapy and Meditation will be covered. You will learn easy-to-do yet powerful practices that heal as put together and published by medical doctors that have devoted their lives to the holistic Satyananda yoga tradition. You will also be able to purchase our signature CD/DVD set for home practice. This knowledge and practices are available ONLY at Ann Arbor Yoga and Meditation. We belong to the holistic and medicinal Satyananda Yoga tradition. Register today at www.YogaAndMeditation.com.

Yoga Therapy for Allergies

April 10

Allergies whether environmental, seasonal or food based can be managed, treated and eliminated successfully with proper administration of totally natural and highly efficient yet lesser known yogic purification and physical body cleansing practices performed under expert guidance. You will learn and practice a few and have the opportunity to schedule your initial whole alimentary canal cleansing at a discount right after the workshop. Named practices are also recommended for people who suffer from constipation, obesity, high blood pressure, diabetes, and other ailments, but also as prevention for healthy individuals at the change of seasons. Bring a hand towel and a washcloth.

Yoga for Anxiety and Depression

May 8

Did you know that most types of meditation are contraindicated for certain types of depression? Medical Yoga Therapy and Meditation programs we teach work relatively quickly to bring balance and restore healthy living. You will learn relaxed concentration, deep relaxation, breathing techniques (Pranayama) and dynamic posture sequences recommended for anxiety and depression. We teach licensed social workers yoga therapy for mental health conditions to incorporate safely in their professional working with clients!

Yoga for Digestive System Health

May 22

Poor digestion caused by stresses and bad living and eating habits plays a major role in the turmoil of the world today. This popular experiential workshop will help you improve your digestive system and overall health and thus contribute to personal and family happiness. Constipation, diarrhea, obesity, poor nutrition, and all digestive system disorders will be addressed as relevant to participants attending. CD/DVD set for home practice will also be available for purchase.

Satyananda Style Yoga and Meditation we practice and teach is a common-sense, comprehensive, easy-to-do, research supported authentic body of knowledge not available from rampant commercial popular yoga culture studios or gyms. Invest in yoga therapy and meditation as prevention, or health management! It has kept yogis fit for 5,000 years! Yoga Alliance Registered Yoga Teachers earn up to 2 hours Continuing Education Credit per workshop! For In-Depth Yoga Study Programs, Classes and Retreats visit us at www.YogaAndMeditation.com 734-665-7801