

Get away from the hustle and bustle of  
everyday life without leaving town

## EXPERIENCE & ENJOY!

Authentic Yoga and Meditation  
Unique Back Friendly Floor  
Caring Experienced Guidance  
Total Beginners Welcome

Sundays, Jan.11,18;  
Feb.2,8 and March8,15  
9:30a.m-2:30p.m.

## YOGA & MEDITATION DAY

Instructor: Ema Stefanova

Location: 1904 Federal, Ann Arbor  
30 years experience healing with yoga!

Cost: \$108.00 per person

Ideal for renewal of body, mind and spirit.

*Registered Yoga Teachers earn continuing education hours!*

For Information and registration call  
734-665-7801

[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)