

YOGA NIDRA DEEP RELAXATION & TRADITIONAL YOGA MEDITATION RETREAT FOR EVERY BODY, MIND AND SOUL

At Beautiful Song of the Morning in Vanderbilt, MI July 23-25

On 800 acres of rolling hills, 40 years leading retreat

With Ema Stefanova, Satyananda Style Yoga and Meditation Therapist and
Teacher from Ann Arbor, MI in Private Practice Since 1979

Friday, July 23

5:00p.m. Delicious Vegetarian Dinner

6:30-7:45p.m. **The Importance of Yoga Nidra Deep Relaxation, How It
Relates to Meditation, Its Therapeutic Applications: practice and talk**

8:00p.m. *Private Yoga Therapy and Consultations by Appointment*

Saturday July 24

7:00-7:45a.m. **Traditional Healing Mantra Meditation and Chanting**

8:00-9:15a.m. **Whole People Holistic Practice Session:** Therapeutic
Pawanmuktasana Series ("Accupuncture without Niddles"), Shaktibandha (Energy
Block Release Posture Sequence), Pranayama, and Yoga Nidra Deep Relaxation

10:00 Breakfast

11:00-2:00p.m. *Private Yoga Therapy and Consultations by Appointment*

2:15-3:15p.m. **Traditional Concentration (Dharana), and Inner Silence
(Antar Mouna) Meditation Practice, Explanations and Q/A Session**

5:00p.m. Delicious Vegetarian Dinner

6:45-7:45 **Yoga Nidra Deep Relaxation and Guided Yoga Meditation**

8:00 *Private Yoga Therapy and Consultations by Appointment*

Sunday July 25

7:00-7:45a.m. **Special Guru Poornima Meditation and Chanting**

8:00-9:15a.m. **Whole People Holistic Practice:** Therapeutic Dynamic Posture
Sequences, Pranayama, Yoga Nidra Deep Relaxation and Guided Meditation

10:00 Breakfast

11:00-1:00p.m. *Private Yoga Therapy and Consultations by Appointment*

1:00p.m. Delicious Vegetarian Brunch

RYT200s and RYT500s earn CEUs with Yoga Alliance!

To Register call (734) 665-7801 or visit

www.YogaAndMeditation.com or

www.GoldenLotus.org