

THERAPEUTIC MEDITATION WORKSHOP

January 23 & 30 and
February 6&13, 2016

with Yoga Meditation Master Ema Stefanova, E-RYT500
at 1904 Federal Blvd. in Ann Arbor

True meditation implies both physical and mental relaxation at levels which few of us experience even during sleep. For this reason true meditation results in excellent health, and can alleviate, help manage and even cure many types of diseases. This four part experiential workshop will teach time tested techniques relevant for you. Beginners through advanced practitioners are most welcome. RYTs earn up to 10 CEUs. Pre-registration is required.

For more information and to register, visit us at

www.YogaAndMeditation.com