

Holistic Yoga and Meditation Retreats at Lake Michigan

At Vivekananda Retreat Center in Ganges, MI

April 20-22, 2018

May 4-6, 2018

May 25-27, 2018

June 29 – July 1, 2018

Fridays 5:00 pm – Sunday 11:00 am

Cost: \$425 / \$395 when paid up to 30 days in advance.
Registration deadline is 72 hours prior to retreat
starting date. www.YogaAndMeditation.com

*Group program fees, accommodations, and meals are included.
Beginners through advanced students are welcome. Teachers
earn Continuing Education Credit with the Yoga Alliance.*



The Vivekananda Retreat Center in Ganges, MI, has hosted our retreats for over 25 years. It is located on 110 acres just minutes away from Lake Michigan sandy beaches. It is only 2 and ½ hours away from Ann Arbor, MI and Chicago. Guests get to enjoy the shrine trail, the sanctuary, the library, freshly prepared vegetarian meals and expert highly customized guidance in daily yoga & meditation. Accommodations are in shared cozy cabins with shared bathrooms. Some private rooms are available. Women and men stay separately.

“I truly enjoyed the lessons learned on this retreat. My healing was profound and Ema made it feel effortless. I can truly say that I have grown in many ways in this beautiful setting. I will remember these gifts for a long time to come.” J.T., 2017 Retreat Guest

ॐ Ann Arbor

Yoga & Meditation

WINTER 2018

Classes ❁ Workshops

1-Day & 3-Day Retreats

❁ Teacher Certification

RYT200, RYT 300 & RYT500



❁ Private Yoga Therapy ❁



1904 Federal Blvd.

Ann Arbor, MI

(at the intersection with W. Stadium,
across from Big George's)

Free Parking.

Register online at:

www.YogaAndMeditation.com

(734) 665-7801

TEACHER CERTIFICATION PROGRAMS

Get trained personally by a Yoga Meditation Master! We offer flexible schedule Training Weekdays and Weekends. Applications deadline for group trainings is three business days prior to program starting date.

Mark with an "x" for which you are applying

RYT200-hour Teacher Training (TT 1)
Starting 1/14 2/10 4/10 2018
 Flex (you choose dates)
\$3,000 when paid in full up to 30 days early,
\$3,195 after that or \$850 per module (4 modules)

Teacher Training RYT300-Hour (for RYT200s)
(Interview may be required)
Starting 1/14 2/10 4/10 2018
 Flex (you choose dates)
\$4,100 when paid in full up to 30 early,
\$4,300 after that or \$900 per module (5 modules)

RYT500-hour Teacher Training (TT 2)
(Interview is required, unless enrolled in TT 1)
Starting 1/14 2/10 4/10 2018
 Flex (you choose dates)

Yoga Nidra Training Certification (YNC)
\$1,850. 2-Day Seminar dates + additional hours.

Pranayama, Meditation Certification (PMC)
\$1,850. 2-Day Seminar dates + additional hours.

*A \$225 deposit must accompany your TT application and will count toward tuition fee.

*Take YNC and PMC independently, or as part of RYT200, RYT300 or RYT500 Certification Training

One 3-day retreat at the Vivekananda Retreat Center is included per level. What a deal!

"I did my RYT500 Training with Ema and enjoyed it. After finishing a RYT200 program at a studio in Ann Arbor, I thought I would not want to continue, until I saw a close friend of mine trained by Ema teach a class. Also, Ema taught me how to meditate on Day 1."

- D. F. RYT500, AAYM School Graduate

About the Teacher

Emma Stefanova, M.A. E-RYT500 RCYT, RPYT, C-IAYT



Ann Arbor Yoga and Meditation founder is a highly skilled and uniquely experienced teacher. Her gentle style and expertise are highly effective and come from her lifetime of teaching in the research based world renowned classical tradition of Satyananda.

Emma has taught internationally to people of all ages, from Olympic runners and corporate executives, to patients and staff in cardiac rehab and other hospital programs. She has served as a University of Michigan Integrative Medicine Referral Practitioner and the larger Ann Arbor community for over 25 years. Emma has also appeared on national TV, authored CDs/DVDs, articles, teacher manuals and more.

"Whether you are a total beginner or a seasoned practitioner, our holistic user-friendly approach will guide, support and inspire you to reach your full potential. We are a true tradition that delivers, safe and healing by design!"

Certified Yoga Therapy & Meditation

Therapeutic sessions focus on physical and mental health needs and improve clients' wellbeing. We work with adults, children, families, and large groups. Referral discounts are available through Doctor and Physical Therapy offices. To schedule your appointment, home visit or group event, please, visit us at www.YogaAndMeditation.com or e-mail EmmaStefanova@cs.com

"Yoga Nidra Class has helped me learn new ways to relax. I have learned ways to control relaxation in different environments using only my mind."

- Clifford B., Pfizer Corporation Manager

"Only a few yoga therapy sessions helped my 7-year old sleep better, and improve his school performance." - Mrs. Mailini S.

2 DAY SEMINARS IN ANN ARBOR INCLUDE:

Saturday Workshop 2:00 to 4:00 pm &
Sunday Retreat 1:00 to 5:00 pm

January 13-14 Introduction to Yoga and Meditation

February 10-11 Yoga Nidra – Expert Guided Deep Relaxation

February 24-25 Therapeutic Breathing and Meditation

March 24-25 Yoga and Meditation Willpower Training

Please register early to reserve your seat and save.

More detailed information is available at our website:

www.YogaAndMeditation.com

Specialty Saturday Workshops

4:30 to 6:30 pm

January 20 How to Meditate 101

February 10 Yoga Therapy for Hypertension

Weekly Classes at 1904 Federal Blvd.

MONDAYS

4:30-5:30 p.m. DEEP CENTERING – Help Form Class

TUESDAYS

9:45-10:45 a.m. GENTLE HATHA – Help Form Class

5:30-6:30 p.m. DEEP CENTERING - ongoing

6:45-7:45 p.m. OPEN LEVEL HATHA

WEDNESDAYS

9:30-10:30 a.m. OPEN LEVEL HATHA - ongoing

4:30-5:30 p.m. BEGINNING HATHA – Help Form Class

SATURDAYS

1:00-2:00 p.m. DEEP CENTERING – Help Form Class

Pricing for New Students

One class per week for 5 weeks is \$75.

One class per week for 11 weeks is \$150.

Two classes per week is \$99/month.

Drop-in class is \$20 (Cash only at the door.)

Pre-Registerion is Required

Register by prepaying with a credit card online at www.YogaAndMeditation.com, or send a check

to: Emma Stefanova,

P.O. Box 1033,

Ann Arbor, MI48106