

September 10 – December 14, 2014

13 week session classes at 1904 Federal Blvd. in Ann Arbor

Registration for classes is going on NOW! Space is limited so don't delay! Register for the full session and/or individual classes online at www.YogaAndMeditation.com using any major credit card or by sending a check. Please, feel free to contact us if you need more information. We look forward to seeing you in class!

Pricing

One class per week for 13 weeks \$182
 Second class per week for 13 weeks \$143
 at our location \$115 (per hour) or \$810 for eight hours prepaid
 (per person per hour) \$58
 person) when received at least 7 days before workshop date / \$69 after
 expires 4 months after date of purchase
\$280 (non-refundable) expires 6 months after date of purchase
 (please, contact us ahead of time for availability)

*Cash or check only at time of class.

Students (25 & under with ID) save 10% on class packs.

Private class
 Semi-private class
 Saturday workshop \$59 (per
 *10 class pack \$160 (non-refundable)
 *20 class pack
 Drop in class \$20

*Full-time

Private Yoga Therapy and Instruction with Ema: email EmaStefanova@cs.com to schedule.

Registration and Make up Policies:

Classes are not transferable to other persons. Enrolled students need to make arrangements ahead of time to make up classes during the same session (when available and at instructor's discretion). Workshops are not available as make-up classes. Cancellations for classes are accepted only during the first 2 weeks of the session. A \$20 cancellation fee will be charged and drop in rate for any classes attended. CLASS PACKS ARE NON-REFUNDABLE. Class pack holders must also commit to certain classes by contacting us in advance. Unannounced drop-ins are highly discouraged.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
		Intermediate 6:45-7:45a		All Levels 7:00-8:15a		
		YN/Meditation 8:00-9:15a		Intermediate 8:30-9:30a		
		All Levels 9:30-9:45a				1-Day Retreats 9:30a-3:30p (Dates on Website)
Prenatal 11a-12:15p	Healthy Back 11a-12:15p		Beg./Gentle 11a-12:15p			
YN/Meditation 12:30-1:30p	YN/Meditation 12:30-1:30p		YN/Meditation 12:30-1:30p		Healthy Back 12:30-1:45p	
		YN/Meditation 3:15-4:15p			Workshops 2:00-4:00p (Dates on Website)	
All Levels 4:15-5:30p	Beg./Gentle 4:30-5:45p	Anxiety/Depr. 4:30-5:45p	YN/Meditation 4:30-5:45p	Kids 4:30-5:30p		
						Anxiety/Depr. 5:30-6:45p
Intermediate 8:15-9:15p						YN/Meditation 7:00-8:15p