

ॐ Ann Arbor Yoga & Meditation Registered School

2017 Spring Specials - valid with purchases made by 5/1

Experience World Class Yoga and Expert Instruction

HOLISTIC YOGA THERAPY AND MEDITATION: \$225 for 3 individual private sessions. We teach from proven programs specific for anxiety, depression, stress management, and most physical ailments.

RELAXING 3-DAY AND 5-DAY RETREATS AT LAKE MICHIGAN: Register up to a month early and save. Visit Schedule and Fees page for details. Retreat dates are 4/21-23; 6/9-11; 6/30-7/4. Food, accommodations and group instruction are included in your price.

CONTINUING EDUCATION FOR TEACHERS - RYT200s and RYT500s earn Continuing Education hours with the Yoga Alliance for attending our retreats and workshops. Studios, please make hosting arrangements ahead of time.

ON SITE WORKSHOPS: Contact us to schedule a quality, fun, and educational wellness event or speaking engagement for your needs at your business, school, private special event, hospital or non-profit.

RYT200, RYT300 and RYT500 Teacher Certification – Save \$100 when you prepay in full by May 1 for Summer Intensive and Fall 2017.



www.YogaAndMeditation.com