

ॐ *Ann Arbor Yoga & Meditation*  
*Registered School*



*Fall Specials - valid with purchases made by 11/21/2017*

RELAXING 3-DAY WEEKEND RETREATS AT LAKE MICHIGAN: Register up to a month early and save \$30 of regular fee of \$425. Visit Schedule and Fees page for details. Retreat dates are 10/13-15; 11/3-5. Meals, accommodations and group instruction are included. RYT200 and RYT500 teachers earn Yoga Alliance Continuing Education credit hours.

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

CONTINUING EDUCATION FOR TEACHERS - RYT200s and RYT500s earn Continuing Education hours with the Yoga Alliance for attending our retreats, workshops or mentoring sessions. 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 for self-paced program – start before November 3.



[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)