

ॐ Ann Arbor Yoga & Meditation

Special Offers for Purchases Made by March 15/2025



HOLISTIC YOGA & MEDITATION SELF-CARE RETREATS AT SW LAKE MICHIGAN
[Total beginners are welcome. YA Continuing Education hours for RYT teachers.]:

3 Day and 4 Day Retreats 2025 are 5/1-4; 5/29-6/1; 7/17-20; 7/31-8/3;

Early Bird registration cost is: **\$529 (save \$30) for one or \$1048 (for two people) when paid in full**

PRIVATE YOGA THERAPY & MEDITATION PACKAGES FOR STUDENTS AND SENIORS

10 1 Hour Individual Sessions cost is \$970 (add \$30 per each additional person per session up to 4).

4 1 Hour Individual Sessions cost is \$400 (add \$35 per each additional person per session up to 4).

RYT200 YOGA TEACHER TRAINING: (FLEX HOURS plus you choose start/finish dates)

RYT200 Teacher Training (paid in full with cash, check, or direct transfer of funds):

☐ \$3,000 when prepaid 100% by 3/15/2025 [one SW Lake Michigan is included. What a deal!]

☐ Payment Plan Option \$3,400 when 50% prepaid up front by 3/15/2025.

Please, add 3% if prepaying for either option with a credit card at www.YogaAndMeditation.com

ADVANCED TEACHER TRAINING RYT300 (flex hours, flex start/finish dates)

RYT300 Advanced Teacher RYT300 Teacher Training (Choose from Yoga Therapy or General Track)

☐ Flex Start/Finish Dates \$3,500 paid in full

☐ Flex Start/Finish Dates \$3,900 (when 50% prepaid up front by)

Please, add 3% if prepaying for either option with a credit card at www.YogaAndMeditation.com

SPECIALTY TEACHER TRAINING DISCOUNTS [YA approved CE hours]:

1. Yoga Nidra Certification (YNC) ☐ Flex Start/Finish Dates \$1,900

2. Pranayama/Meditation Certification (PMC) ☐ Flex Start/Finish Dates \$1,900

- **YOGA THERAPY WORKPLACE WELLNESS:** Help relieve stress, lift employee morale. Schedule a one-time event, a custom tailored wellness course or workplace specific ongoing classes.



www.YogaAndMeditation.com