

Ann Arbor Yoga and Meditation 2-Day Seminars

Held at 1904 Federal Blvd. in Ann Arbor, Michigan

Saturday 2:00-4:00 pm Workshop & Sunday 1:00-4:00 pm Half-Day Retreat.



4/26-27	MEDITATION FOR BETTER MENTAL HEALTH Learn effective ways to meditate for only minutes a day and regain peace and balance, improve your overall well-being, creativity, and sleep. Deeply relax and lower stress. Variety of meditation techniques will be introduced suitable for different temperaments.
5/10-11	PRANAYAMA – THERAPEUTIC BREATHING, GUIDED RELAXATION AND MEDITATION TO RECOVER FROM STRESSFUL TIMES Learn how to calm the nervous system, release physical tension, support emotional regulation, improve sleep. Experience recovery, from stress, restore vitality, promote overall healing, balance energy. Practical meditation tools for real life.
5/17-18	CHAKRA MEDITATION FOR TOTAL HEALTH Experience how each wheel of energy called chakra governs specific functions in the body-mind complex, and how to live a healthy and balanced life informed by meditating on the chakras. Prior experience with meditation is not required.
5/24-25	INTRO TO INNER SILENCE MEDITATION Learn 3 stages of Inner Silence Meditation to calm your mind any place at any time at will. This meditation can be done on your feet with your eyes open while you are fully functional in the world. It happens to be the oldest meditation on earth.
By appointment	YOGIC CLEANSING Learn about therapeutic whole alimentary canal cleansing and how it can benefit you. This ages old safe and pleasant way to cleanse the body of toxins and stagnation can greatly improve one's health.

Both beginners and pros will enjoy. Yoga teachers earn 5 CE hours with the Yoga Alliance.

Cost: \$199/\$179 early. Register in advance at www.YogaAndMeditation.com