

Way to Health Programs 2012

Held the AIKIDO building at 1904 Federal Blvd., Ann Arbor, MI 48103

Learn Yoga That Heals

Your facilitator Ema Stefanova has taught since 1979 and specializes in Holistic Yoga Therapy and Meditation. Please, register today with payment at www.YogaAndMeditation.com to reserve your seat.

Yoga for People with Cancer

January 28-29

Cancer patients are distressed by significant physical and emotional symptoms that result from the illness itself or the treatment. Unique practices and approach to yoga and meditation will be shared with patients and their families. The presenter, Ema Stefanova, has extensive experience working with cancer patients over the years. Satyananda style yoga, is a classical system that integrates aspects of Hatha Yoga, Raja Yoga, Bhakti Yoga, Gyana Yoga and Mantra Yoga to ease concerns for cancer patients. Instructor, Ema Stefanova, M.A. is a yoga therapist in private practice and a published yoga therapy author.

Yoga for a Healthy Heart

February 11-12

Learn safe practices for cardiovascular conditions and high and low blood pressure. Master pranayam techniques recommended for arrhythmias. Learn which yoga techniques are contraindicated for people with above health conditions.

Yoga for Anxiety and Depression

February 25-26

Did you know that most types of meditation are contraindicated for depression? Holistic Yoga Therapy and Meditation programs we teach work relatively quickly to bring balance and restore healthy living. You will learn relaxed concentration, deep relaxation, breathing techniques (Pranayama) and dynamic posture sequences recommended for anxiety and depression. We have taught many licensed social workers yoga therapy for mental health conditions to incorporate safely in their professional working with clients!

Yoga Therapy for Women's Health

April 28-29

From backache to headaches and depression, menstrual irregularities, obesity, high and low blood pressure, pregnancy, urinary system disorders, to varicose veins, special applications of Medical Yoga Therapy and Meditation will be covered. You will learn easy-to-do yet powerful practices that heal as put together and published by medical doctors that have devoted their lives to the holistic Satyananda yoga tradition. You will also be able to purchase our signature CD/DVD set for home practice. This knowledge and practices are available ONLY at Ann Arbor Yoga and Meditation. We belong to the holistic and medicinal Satyananda Yoga tradition. Register today at www.YogaAndMeditation.com.

Yoga Therapy for Allergies

May 26-27

Allergies whether environmental, seasonal or food based can be managed, treated and eliminated successfully with proper administration of totally natural and highly efficient yet lesser known yogic purification and physical body cleansing practices performed under expert guidance. You will learn and practice a few and have the opportunity to schedule your initial whole alimentary canal cleansing at a discount right after the workshop. These practices are also recommended for people who suffer from constipation, obesity, high blood pressure, diabetes, and other ailments, but also as prevention for healthy individuals. Bring a hand towel and a washcloth. Register ahead of time at www.YogaAndMeditation.com



Satyananda Style Yoga and Meditation we practice and teach is a common-sense, comprehensive, easy-to-do, research supported authentic body of knowledge not available from commercial popular yoga culture studios or gyms. Invest in yoga therapy and meditation as prevention, or health management! Learn from an expert!
For In-Depth Yoga Study Programs, Classes and Retreats visit us at www.YogaAndMeditation.com 734-665-7801