

ॐ Holistic Yoga Meditation Retreats

Sundays at 1904 Federal Blvd. in Ann Arbor, MI

3-Day & 5-Day at Vivekananda  Retreat Center in Ganges, MI



With Ema Stefanova M.A.
E-RYT500, YACEP, Member IAYT
Yoga Meditation Master

For 38 years, Ema has taught people of all ages, and backgrounds, from Olympic ice-skaters to opera singers, to medical students during exams, to patients and staff in cardiac rehab and other hospital programs, to corporate executives, and more. She is a University of Michigan Integrative Medicine Referral Practitioner for many years. She offers RYT200, RYT300 and RYT500 Teacher Training Certification.

Ann Arbor Sunday Retreat May 28:

The Ann Arbor retreat will include Asana, Pranayama (breathing techniques), guided Yoga Nidra (deep relaxation), and Dhyana Yoga (meditation). Please, bring a yoga blanket and small towel to roll under your neck.

Ganges, MI Weekend 3-Day Retreats **5/26-28; 6/9-11; 6/30-7/2 (7/4 for 5-day):**

“Yoga, Meditation and Health”

The retreat will be an opportunity for participants to experience and understand how properly administered and correctly performed yoga and meditation work on health, what differentiates yoga from other forms of exercise, what makes holistic yoga the safer and healthier choice, how yoga nidra and why meditation can help manage anxiety, and more.

Men and women of all ages, regardless of physical fitness, as well as teens ages 14 and older with parents, beginners and advanced practitioners are welcome to attend.

This Vivekananda Retreat Center in Ganges, MI has hosted our retreats for 25+ years. Vegetarian meals, accommodations, and group practice are included in the fee. Responsible, disciplined life is followed.

Wonderful nature walks on nearby Lake Michigan beach, and trails on the property. Truly relaxing!



In Ann Arbor

Sundays: 6/4, 18, 25;
7/8 & 8/6

Time: 1:00-5:00

Fee: \$105 early / \$125

All levels are welcome.

In Ganges, MI

5/26; 6/9-11; 6/30-7/2(7/4)

Time: Fri 5:00-Sun. 11:00

Fee: \$425/\$395 early

(Registration deadlines are 3-days prior to retreat starting date)

All levels are welcome.

Register Online:

www.YogaAndMeditation.com

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