



Ann Arbor Yoga and Meditation 2025 SW Lake Michigan Retreats

3-Day: May 2-4; May 30-June 1; July 18-20

4-Day: May 1-4; May 29-June 1; July 17-20



Our retreats are great for solo travelers, beginners and pros. Learn how to deeply relax, experience peace, enjoy vegetarian meals, hike and meditate on the Shrine Trail, watch Lake Michigan sunsets, and more. Yoga Teachers earn YA continuing education credit.

Check-in is on Day 1 at 4:00 pm. Retreat ends Sunday at 11:00am.

Daily guided practice sessions, vegetarian meals, and lodging in double/some private rooms with modern bathroom facilities is included.

Register online at:

www.YogaAndMeditation.com

