

Yoga Retreats:

**At Vivekananda Monastery
in Ganges near Lake Michigan**

6/24-26; 7/29-31; 8/12-14

also 6/30-7/4

With Ema Stefanova

Yoga master, therapist & teacher since 1979

**\$335 (3-day) \$595 (5-day) meals
& accommodations are included**

You are invited to join us in a sustainable balance that will last long after the days of the retreat have past! We teach common sense Yoga and Meditation for Real People. Beginners through advanced students are welcome. Yoga Teachers earn Continuing Education Credit! Register early with payment - the number of seats is limited!

www.YogaAndMeditation.com

(734)665-7801