

Ann Arbor Yoga and Meditation  
Yoga Alliance Registered School  
RYS200, RYS300, RYT500 Since 2007  
Member IAYT

[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)

## **AAYM Holistic Yoga and Meditation Teacher Trainings Include RYT200, RYT300 and RYT500 – Hour Programs**

### **Overview**

These programs are designed to delve deeply into Yoga's traditional teachings and healing practices. They are easy-to-follow, and a fruit of a master's life-long dedicated practice and teaching. Our programs have applications in anyone's life where yoga has played or needs to play a significant role. They are a natural progression of applying yoga and meditation in order to live life to its fullest, with skill and inspiration.

### **Program Objectives**

These authentic custom tailored programs are designed to:

- Systematically deepen your understanding of yoga and meditation
- Develop your personal yoga and meditation practice (sadhana)
- Develop skills for safely teaching yoga and meditation to others

### **Formats include:**

One-on-one personal training and small group formats, both EXPRESS and self-paced options are available. One or more retreats may be included. Group meets most Tuesday evenings, Saturday afternoons, and Sundays. To accommodate busy schedules we also, offer Flex start and finish dates.

### **Training Categories include:**

Asana, Pranayama, Mudra, Bandha, Yoga Nidra, and Meditation Techniques, Teaching Methodology, Anatomy and Physiology, Chakras and Energy Channels, Yoga History, Philosophy, Lifestyle, Ethics, Practicum, The Business of Teaching and more.

### **The Application Process:**

1. Print, fill out and send us your Teacher Training Application Form.
2. A one-time \$225 deposit must accompany your application and will count toward tuition fee.
3. Applicants for RYT300 and RYT500 programs, please schedule an interview.

## *2017 Yoga Nidra Training and Certification Course*

*2 Weekend Seminars + flex hours – See Schedule Page for Dates*

*Cost: \$1,450 Register Early to Reserve Your Seat*  
*Previous Yoga and Meditation experience is not required*

*The cost for one seminar is \$199/\$179 early if not taking it for credit.*

*Program is designed and taught by Ema Stefanova, M.A. E-RYT500, Member IAYT  
Yoga Alliance Continuing Education Provider Since 2002 [www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)*

*You will learn the authentic Yoga Nidra as originally systematized and taught  
by Swami Satyananda Paramahasa, the father of modern day Yoga Nidra. We have  
been directly trained in the method. You will experience healing, personal growth,  
and refinement in your practice.*

*Mastering Yoga Nidra will make your meditation (Dyana Yoga) effortless. Satyananda  
Style Yoga Nidra is excellent for deep work on oneself and helping others heal.*

*Individuals who may have taken other Yoga Nidra –likes such as i-Rest and other  
“Yoga Nidra” knock-offs will experience the difference, and find out what the  
imitations lack and why they are less efficient or do not work.*

*Topics include theory and practice in the:*

*Importance of systematic awareness and relaxation training in yoga and meditation*

*Satyananda Style Yoga Nidra and how it works*

- origins, history and present day Yoga Nidra*
- how the practice is structured and its key “ingredient”*
- Yoga Nidra vs. hypnosis: similarities and differences*
- postures for Yoga Nidra (not only Shavasana!)*
- progression and special populations applications*

*What happens in the brain during Yoga Nidra?*

*Other Pratyahara practices*

*Visualisation as prescribed by tradition: the what, the how and the why*

*Therapeutic applications for anxiety, stress management and self-healing*

*Upon successful program completion, students will be issued a Certificate.  
Teachers registered with the Yoga Alliance earn Continuing Education hours.  
Yoga Nidra Certification Course counts as one module toward earning a  
RYT200, and RYT300 Teacher Certification with Ann Arbor Yoga and  
Meditation. We are a Yoga Alliance registered school RYS200, RYS300.*

*To register please, fill out and send the application form with payment.  
[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)*

## *2017 Pranayama and Meditation Certification Course*

*2 Weekend Seminars + flex hours – See Class Flyer for Dates*

***Cost: \$1,450 Register Early to Reserve Your Seat***

*Previous Yoga and Meditation experience is not required.*

*The cost for one seminar is \$199/\$179 early if not taking it for credit.*

*Program is designed and taught by Ema Stefanova, M.A. E-RYT500, Member IAYT  
Yoga Alliance Continuing Education Provider Since 2002 [www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)*

*You will learn how to perform correctly and teach safely classical Pranayama and  
variety of meditation techniques from the yoga tradition for healing, personal growth  
and expansion of consciousness.*

*Mastering of Pranayama can lead one to Samadhi. Satyananda Style Yoga  
Pranayama and Meditation is excellent for deep work on oneself and help others heal.  
Participants will also be able to clear misconceptions and ‘unlearn” prior wrong  
learning. Ours is a holistic, common-sense, scientific and reasearch-based approach.*

*Topics include theory and practice in:*

- Complete Yoga Breathing
- Physiology of Breathing
- Traditional Pranic Healing
- Balancing, Tranquilizing and Vitalizing Pranayama
- Concentration and Relaxation Prerequisites for Meditation
- Meditations on Light and Sound
- Kriya Yoga Type AAYM School Proprietary Meditations
- Asana for Pranayama and Meditation (not only seated!)
- Progression and Special Populations Applications

*What happens in the brain during Pranayama and Meditation?*

*Therapeutic applications, benefits and contraindications of specific pranayama practices,  
and meditation for common diseases, anxiety and depression.*

*Upon successful program completion, students will be issued a Certificate. Teachers  
registered with the Yoga Alliance earn Continuing Education hours. Pranayama and  
Meditation Certification Course counts as one module toward RYT200, and RYT300  
Teacher Certification with Ann Arbor Yoga and Meditation. We are a Yoga Alliance  
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