

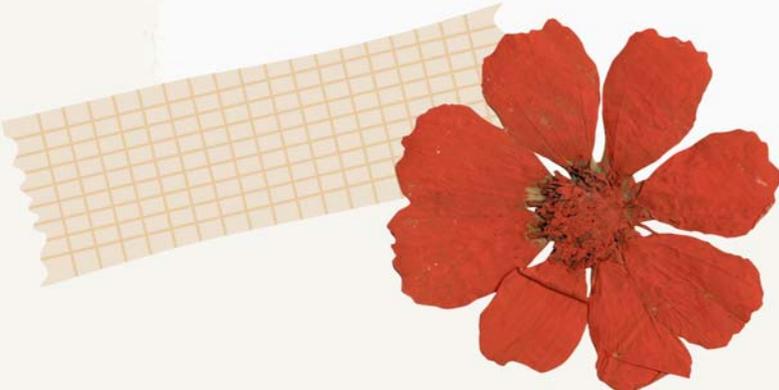
Spring '24



**Ann Arbor Yoga & Meditation
RYT 200 & 300**



**Holistic
Yoga Teacher
Trainings**





Overview

Our programs are holistic and based on 40 years of training teachers worldwide. Our approach is highly experiential and personalized. It takes in account teacher trainee's talents, interests and goals. The programs are designed to be enjoyable and easy-to-follow. Graduation is based on active participation, homework completion and attendance (in-person and online). Upon graduation you can register with the Yoga Alliance directly as RYT200/300.





Program Objectives

- Trainees will systematically develop and deepening their understanding of all aspects of yoga, including yoga nidra and many types of meditation.
- Trainees will develop and deepen their personal yoga meditation practice.
- Trainees will develop skills to safely teach variety of populations.

Formats include

Small group and one-on-one training. Self-paced FLEX and EXPRESS options are available. One weekend retreat at SW Lake Michigan is required per level and retreat accommodation cost is included in your program tuition fee. If you pre-qualify, you may opt in for a hybrid.

Training Schedule

Groups meet in-person/online on select weekday afternoons/evenings, some Saturday afternoons and/or Sundays. We accomodate for busy schedules!





Training includes

- *Asana (postures)*
- *Pranayama (a great variety of breathing techniques)*
- *Mudra & Bandha*
- *Yoga Nidra (progressively guided relaxation)*
- *Meditation Techniques (our school's specialty)*
- *Methodology*
- *Subtle Yoga Anatomy and Physiology*
- *Yoga Philosophy*
- *Yoga Lifestyle*
- *Ethics,*
- *Spirituality*
- *Practicum*
- *Working with Special Populations*
- *The Business of Teaching Yoga*
- *And much, much more!*

Skilled, Uniquely Trained and Very Experienced Lead Instructor



Ema Stefanova, MA E-RYT500, C-IAYT is a compassionate master teacher. She is a direct disciple of Swami Satyananda Paramahansa, founder of the International Yoga Fellowship Movement, and author of over 80 yoga and meditation titles. Ema has also taught in academia at the University of Michigan, EMU and WCC.



Your RYT200 & Advanced RYT300 Teacher Training Investment

RYT200 Teacher Training (paid in full with cash, check or transfer of funds):

RYT200 Start 03/26/24 \$3,100 when prepaid 100% with direct transfer of funds up to 03/23/24.

Payment Plan Option \$3,200 when 50% prepaid up front with direct transfer of funds.

RYT300 Advanced Teacher Training

Flex start/finish dates \$4,100 paid in full by 03/10/2023 with direct transfer of funds.

Flex start/finish dates \$4,400 (when 50% prepaid upfront with direct transfer of funds).

Speciality Teacher Training (YA approved CE hours for all level RYT's):

- Yoga Nidra Certification (YNC) Flex Start/Finish Dates \$1,800
- Pranayama/Meditation Certification (PMC) Flex Start/Finish Dates \$1,800



Textbooks, Audio and Video

Required textbooks cost is not included in your Teacher Training Program fee. The complete textbook list will be assigned upon your acceptance in the program. Fees will not exceed \$100 for the RYT200-hour level.

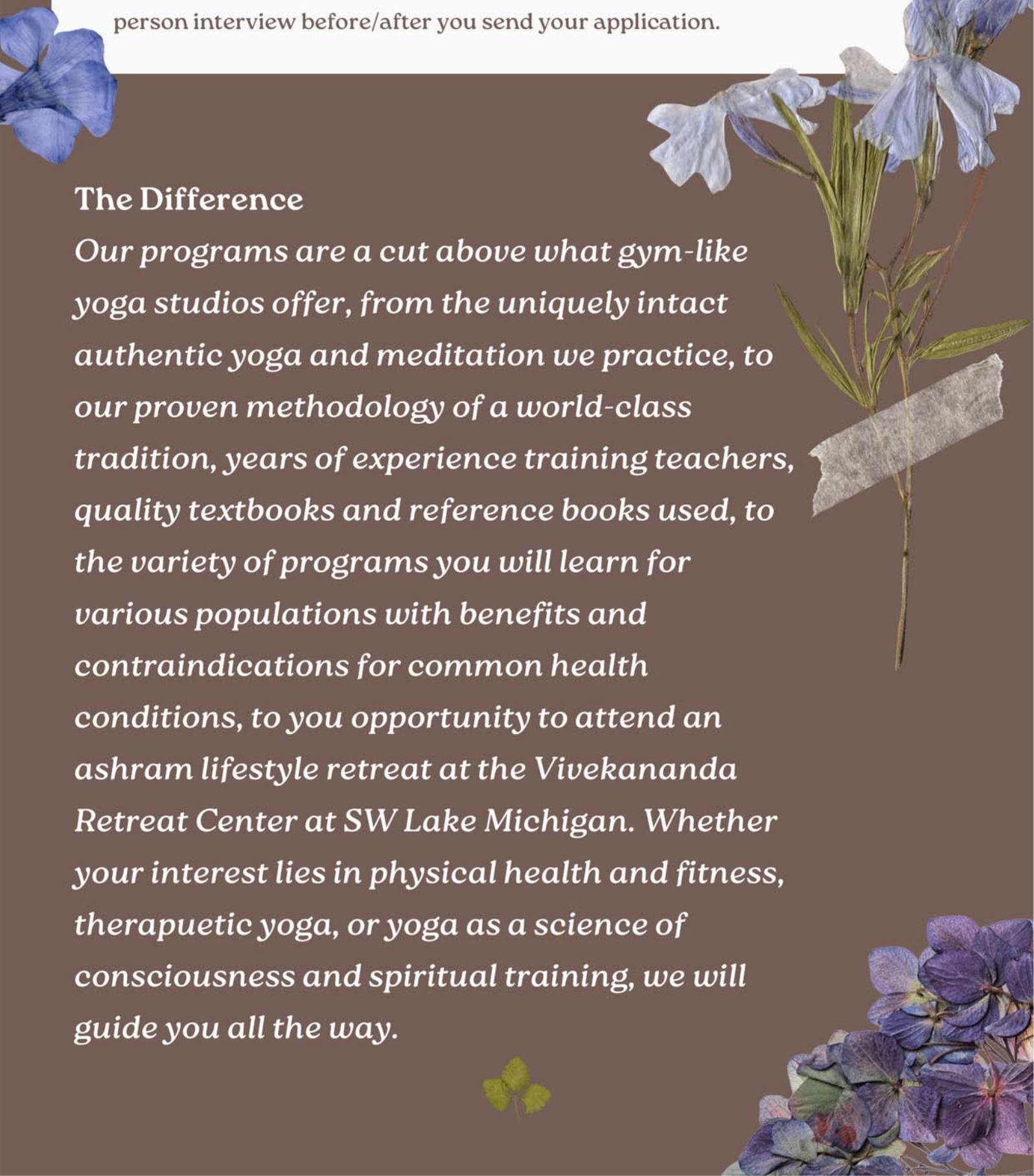


The Application Process

1. Print, fill out and send/bring your Teacher Training Application Form.
2. A one-time \$500 deposit must accompany your application and will count toward selected teacher training program fee.
3. Applicants for RYT300 and RYT500 programs please schedule a phone/in person interview before/after you send your application.

The Difference

Our programs are a cut above what gym-like yoga studios offer, from the uniquely intact authentic yoga and meditation we practice, to our proven methodology of a world-class tradition, years of experience training teachers, quality textbooks and reference books used, to the variety of programs you will learn for various populations with benefits and contraindications for common health conditions, to you opportunity to attend an ashram lifestyle retreat at the Vivekananda Retreat Center at SW Lake Michigan. Whether your interest lies in physical health and fitness, therapuetic yoga, or yoga as a science of consciousness and spiritual training, we will guide you all the way.



What Ann Arbor Yoga & Meditation RYT Graduates are Saying

"After finishing a 200-Hour Program at another studio in Ann Arbor, I thought I would not want to continue, until I saw a close friend of mine trained by Ema teach a class. Also, Ema taught me how to truly meditate on Day 1."

-D. F., AAYM RYT500 School Graduate

"I still can't believe that I somehow managed to find a source of authentic knowledge, wisdom and experience in this day and age. We are overrun with input and constantly being sold something. Sadly, that trickles into what should be full of nothing but heart, yoga. I am eternally grateful to Ema of Ann Arbor Yoga and Meditation for her earnest teachings and dedication to her own spiritual pursuits. Satyananda yoga offers a practical method for whatever condition or curiosity you may have. If you've found Ann Arbor Yoga and Meditation, I wouldn't second guess the instinct to check it out. My decision to study with Ema has changed my life in profound and meaningful ways. At Ann Arbor Yoga and Meditation I learned all the tools I needed to create a full, balanced and joyous life. It's hard to think of living the way I did before giving my world order and meaning with Satyananda yoga. It's a truly priceless gift! Thank you Ann Arbor Yoga and Meditation for sharing the light of yoga with your students."

-A.L. AAYM RYT200 & RYT300 Graduate

"Loved the training program."

-T.G. AAYM RYT200 Graduate

