

## SPECIAL EVENTS

### Workshops Sat. 2:00 - 4:00p.m.

5/22 Hormone Yoga Therapy  
6/5 Yoga for People with Cancer  
6/19 Yoga for Anxiety and Depression  
7/17 Yoga for Diabetes and Obesity  
8/7 Yoga for Allergies and Asthma

\$65 up to 7 days early/\$75 after  
\$60 each 7 days early/\$70 after

### Yoga and Meditation Day Sundays 9:00a.m. - 4:00p.m.

5/23, 6/6 6/20 7/18 8/8  
2 In-Depth Workshops & Classes

\$135 up to a week early; \$150 after  
\$85 for Half-Day early/\$100 after

### 2-Day Seminars Sat. 2:00-4:00p.m. & Sun. 9:00a.m - 4:00p.m.

5/22-23 6/5-6 6/10-20 7/17-18  
8/7-8

\$199 up to 7 days early/\$225 after Yoga

Teachers RYT200 and RYT500 earn up to 8  
Continuing Education Hours with Yoga Alliance



To register, please make your check payable to

**Ema Stefanova**

and mail to: Ema Stefanova, P.O. Box 1033,  
Ann Arbor, MI 48106-1033

Online registration is also available at

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

**3-Day Retreats at the Vivekananda  
Monastery in Ganges, MI**  
*June 11-13; July 9-11  
August 13-15; 9/24-26*  
**\$325 early reg./ \$375 after**

**3-Day Retreats in Vanderbilt, MI**  
**At Song of the Morning Ranch**  
*July 23-25 & October 29-31*  
**\$325 early reg./ \$375 after**



### *Live Like a Yogi* *Teen and Youth Camps*

6/21-25: 6/28-&/2; 7/12-16; 8/2-6  
For Ages 13-18 and Ages:8-12  
\$150 by 5/31 or \$165 after 5/31

For more information and to register visit  
[www.YogaAndMeditation.com](http://www.YogaAndMeditation.com)



**Ema Stefanova**, owner of Ann Arbor  
Yoga and Meditation, is one of the most highly  
and uniquely trained and experienced teachers  
in the nation. Her gentle style comes from her  
following in the footsteps of the world-renowned  
holistic, comprehensive and medicinal Satyananda  
Yoga masters. Ema has taught yoga full time  
since 1979 to over a hundred thousand students  
of all ages, as well as businesses. Member IAYT.

"Yoga is the culture of tomorrow"  
Satyananda Paramahansa Swamiji

# **Ann Arbor** **Yoga & Meditation** *Where You CAN RELAX!* **Spring/Summer** **2010**

*Classes & Special Events*  
*Private Yoga Therapy*  
*Teen & Youth Camps*



*In-Depth Study Programs*  
*100, 200, 300 & 500 -Hour*

*Continuing Ed for Teachers*

**(734) 665-7801**

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

## At 1904 Federal Blvd. in Ann Arbor

### ☸ HEALTHY BACKS:

M 8:15-9:15p.m./Th 4:30-5:30p.m.

### ☸ FRESH START:

W 6:45-8:0a.m.

### ☸ OPEN LEVEL YOGA:

W 9:15-10:30a.m.

### ☸ MOMMIES DO YOGA W/KIDS

W 10:40-11:40a.m./3:00-4:00p.m.

### ☸ PRENATAL YOGA:

F 10:40-11:50a.m.

### ☸ STRESS BUSTER:

Tu 4:30-5:45p.m./F 9:30-10:30a.m.

### ☸ YOGA NIDRA DEEP RELAXATION:

M/F 4:30-5:30p.m.

### ☸ GUIDED MEDITATION:

Th 8:00-9:00a.m.

## At 2007 S. State in Ann Arbor

### ☸ Open Level Yoga:

Mon. 6:10-7:25p.m.

### ☸ Guided Meditation:

Wed. 5:30-6:45p.m.

#### Start in any class when you are ready!

Pre-registration with payment is required prior to first class to guarantee your space.

If special needs, please schedule a private session first.

#### ॐ Yoga in the Workplace:

Increase productivity! Improve health!  
Call today to schedule classes at your site.

**YogaAndMeditation.com**

(734)665-7801

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### AAYM MEMBERSHIP IS \$65:

It expires after 12 months of purchase.

Members receive reduced class tuition!

## GROUP CLASS FEES

AAYM Members:

10 Weeks \$139 (Expires in 3 months)

2nd Class per Week for 10 weeks \$104

Non-members:

10 Weeks \$159 (Expires in 3 months)

2nd Class per Week for 10 Weeks \$120

4 Class Trial Pack \$68 (expires in 6 weeks)

OLDER TEENS attend at 20% discount

Single Class \$18.00 (when available)

### Cancellations and Make-up Policies:

No classes are transferable. Students must schedule make-ups for missed classes before the end of the prepaid session. Cancellations are accepted only during the first two weeks of the session. A \$20 cancellation fee will be charged and drop-in rate for any classes attended.

ॐ Ema's Therapeutic Yoga CD & DVD set  
Only \$55.00 +S&H!

*Beginners through advanced students love it!  
This is a must-have for Yoga Instructors!*

## ॐ Private Yoga Therapy Sessions

Therapeutic sessions focus on physical and mental health issues, and improve clients' well-being. Learn proven yoga and meditation prevention, as well as natural treatment alternatives to manage your condition and achieve inner harmony; .combines well with other forms of treatment, or counseling.

## ॐ In-Depth Study Programs

**100, 200, 300 & 500-Hour:**

Choose from Beginning-Advanced Individualized Study Programs. Popular with health practitioners, social workers, yoga teachers.

## ॐ Testimonials

*"My massage therapist could not believe how much more I could stretch in my hips. All of a sudden it is as if I have a new body."  
Susan Aitken*

*"Yoga Nidra Class has helped me learn new ways to relax. I have learned ways to control relaxation in different environments using only my mind. I always feel better and more energized to finish the workday after a session." Clifford Briggs (Corporate Yoga Class)*

*"Although I am so new to your class it is always an oasis for me. An interesting, pleasant experience. I do feel relaxed and refreshed after." Diane Radlowski*

*"Being in Ema's class is SO RELAXING! I can feel yoga and I love Ema's beautiful smile. Very healing unlike other yoga classes."  
Wesen Peterson*

*"Thank you for the education I use every day."  
D. Figiel Yoga Instructor*