

Ann Arbor Yoga and Meditation at Lake Michigan Retreats

At Vivekananda Retreat Center in Ganges, MI

5/26-28; 6/9-11; 6/30-7/2; 8/11-13
Fridays 5:00 pm – Sunday 11:00 am

Cost: \$425 / \$395 when paid up to 30 days in advance.
Registration deadline is 72 hours prior to retreat
starting date. www.YogaAndMeditation.com

*Group program fees, accommodations, and meals are included.
Beginners through advanced students of yoga are welcome.
Yoga Teachers RYT200 & RYT500 earn Continuing Education
Credit with the Yoga Alliance.*



The Vivekananda Retreat Center in Ganges, MI, has hosted our retreats for more than 25 years. It is located on 110 acres in beautiful Lake Michigan countryside near sandy beaches and only 2 and ½ hours away from Ann Arbor. There are meditation trails on the property, a shrine, a library, and plenty of quiet space to enjoy work on oneself, as well as rest.

The accommodations are in cottages (separate for men and women), with some private rooms and shared bathrooms. The food is vegetarian.

Daily expert lead yoga and meditation sessions are customized to the needs and goals to those attending. Weather permitting some practices may be done outside, so please bring a mat and a blanket.

ॐ Ann Arbor Yoga & Meditation

2017 SCHEDULE

Classes 🌸 Workshops
1-Day, 3-Day & 5-Day Retreats
🌸 Teacher Certification
RYT200, RYT 300 & RYT500



🌸 Private Yoga Therapy 🌸
Member IAYT

1904 Federal Blvd.
Ann Arbor, MI
(at the intersection with W. Stadium)
(734) 665-7801

Register online at:

www.YogaAndMeditation.com

Quality Since 1979

TEACHER CERTIFICATION PROGRAMS

We offer holistic teacher training for beginners, seasoned practitioners and therapists, as well as specialty certification trainings in Yoga Nidra, Pranayama and Meditation as well.

We have practiced and taught yoga in its entirety, and believe that training in all aspects of yoga only will help one master the art, gain the skills, and be able to apply the wisdom to help oneself and others on their path.

Applications deadline is three business days prior to programs starting date.

Mark with an “x” for which you are applying

RYT200-hour Teacher Training (TT 1)
Starting 6/6 8/1 9/7 2017;
\$2,900 when paid in full up to 30 early
\$3,195 after that or \$850 per module (4 modules)

Teacher Training RYT300-Hour (for RYT200s)
(Interview is required)
Starting 6/6 8/1 9/7 2017;
\$3,900 when paid in full up to 30 early
\$4,300 after that or \$900 per module (5 modules)

RYT500-hour Teacher Training (TT 2)
(Interview is required, unless you enroll in TT 1)
Starting 6/6 8/1 9/7 2017;
 Flex Start/Finish Dates (you choose dates)
See website for details.

Yoga Nidra Training Certification (YNC)
See same title training 2-Day Seminar dates
\$1,450

Pranayama, Meditation Certification (PMC)
See same title training 2-Day Seminar dates
\$1,450

***A \$225 deposit must accompany your TT application and will count toward tuition fee.**

*Take YNC and PMC independently, or as part of RYT200, RYT300 or RYT500 Certification Training

One 3-day retreat at the Vivekananda Retreat Center is included in tuition fee for RYT200 and RYT300 Teacher Training. What a deal!

2 DAY SEMINARS IN ANN ARBOR INCLUDE: Saturday Workshop 2:00 to 4:00 pm & Sunday Retreat 1:00 am to 5:00 pm

June 3-4 Chakra Meditation Training I

June 17-18 Chakra Meditation Training II

June 24-25 Yoga Nidra Training I

July 8-9 Yoga Nidra Training II

August 5-6 Therapeutic Breathing Techniques by Disease

2-Day Cost: \$179 up to a week early/\$199 after that

Sunday Only Cost: \$105 up to a week early/\$125 after

Saturday Workshop Cost: \$69/\$59 up to a week early.

Specialty Saturday Workshops 4:30-6:30pm

June 3 Yoga Therapy for Anxiety

July 22 Managing the Mind

Weekly Classes at 1904 Federal Blvd.

MONDAYS

9:30-10:30 a.m. STRENGTHEN & TONE

4:30-5:30 p.m. DEEP RELAX

TUESDAYS

7:00-8:00 a.m. FRESH START

5:30-6:30 p.m. OPEN LEVEL YOGA

6:45-7:45 p.m. BREATHE & MEDITATE

8:00-9:00 p.m. STRENGTHEN & TONE

WEDNESDAYS

8:15-9:55 a.m. BREATHE & MEDITATE

9:30-10:30 a.m. OPEN LEVEL YOGA

12:00-1:00 p.m. HEALTHY AGEING

4:30-5:30 p.m. YOGA FOR ANXIETY

THURSDAYS

7:00-8:00 a.m. OPEN LEVEL YOGA

4:30-5:30 p.m. BEGINNING/GENTLE YOGA

8:30-9:30 p.m. YOGA NIDRA & GUIDED MEDITATION

FRIDAYS

8:45-9:45 a.m. OPEN LEVEL YOGA

New Student Weekly Class Pricing

One class for 10 weeks is \$145/ Second class is \$125

Drop-in class \$20 (Cash only. Call for availability.)

How to Register

Register by prepaying with a credit card online at www.YogaAndMeditation.com, or send a check to:

Emma Stefanova,
P.O. Box 1033,
Ann Arbor, MI 48106

About the Teacher

Emma Stefanova, M.A. E-RYT500 RCYT, & RPYT, Founding director of Ann Arbor Yoga and Meditation is a very experienced educator, healer, and a long-time member of the International Association of Yoga Therapists. Her gentle style and expertise come from her lifetime of teaching in the classical therapeutic tradition of Satyananda. Emma has taught students of all ages, from Olympic ice-skaters and marathon runners, to opera singers, corporate executives, as well as patients and staff in cardiac rehab, and other hospital programs. She has been a University of Michigan Integrative Medicine Referral Practitioner for many years. Emma has also authored CDs/DVDs, articles, teacher manuals and curricula.

“Whether you are a total beginner or a seasoned practitioner, our holistic user-friendly approach will guide, support and inspire you to reach your full potential. We are a true tradition that delivers, safe and healing by design!”

What Students and School Graduates Say

“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.”

- Clifford B., A Major Corporation Manager

“I did my RYT500 Training with Emma and enjoyed it. After finishing a RYT200 program at a studio in Ann Arbor, I thought I would not want to continue, until I saw a close friend of mine trained by Emma teach a class. Also, Emma taught me how to meditate on Day 1.”

- D. F. RYT500, AAYM School Graduate

“Emma’s yoga and meditation sessions helped my child overcome fears, be able to sleep, and perform better in school.” - M. S. A2 Mom

Private Yoga Therapy and Meditation

Therapeutic sessions focus on physical and mental health needs and improve clients’ wellbeing. We work with adults, children, families, and large groups. To schedule your appointment, or with questions, please email EmmaStefanova@cs.com or leave a message at 734-665-7801.