

WHY ANN ARBOR YOGA AND MEDITATION?

IT IS SAFE.

We are able to modify yoga practices to fit the individual student. We respect your strengths and limitations, fitting the poses and other practices to who you are rather than getting everyone to do things the same way.

Also, we are familiar with the contraindications of yoga for various health conditions and guide each student accordingly. This is important! Even young, fit, and healthy-looking people often have certain health conditions and take medications, and should not be doing “hot yoga,” inversions, hold poses, and so on. Commercial yoga culture ignores this.

WE ARE SKILLED.

We have 30+ years of experience teaching! In addition, we have trained yoga teachers and therapists worldwide. The commercial yoga studio standard is 200 hours!!!

WE OFFER A SPECIALIZED APPROACH.

You have unique needs and we can suggest an appropriate class for you. We teach in “levels” to allow you to progress according to what is comfortable for you. We also offer private sessions and specialty classes that focus on conditions such as anxiety, depression, aging, stress and more.

True yoga is a big and beautiful subject, and meditation is an important component of it. Unlike popular yoga culture that focuses on the physical aspects only, we teach yoga in its entirety, including deep relaxation, concentration and meditation, yoga therapy, and more.

OTHER DIFFERENCES

We don't play music. Life is full of distractions. Release your stress and balance your overactive mind by listening to your breath and staying present in your practice.

We also closely observe *your practice* to ensure your safety and enhance your experience. You will not be overcorrected in our classes. You will be guided primarily with words.

We help you learn from a place of understanding. You will never feel lost or out of place.

The space is clean and does not smell like feet or sweat. The floor is special in that it provides cushioning and protection to the spine i.e. it is back-friendly, and not hardwood. You will not need to buy sticky mats, props, special clothing, etc.

You will not feel crowded, nor will you have to look at other people's backs during class.

Finally, we have been part of a wonderful world class tradition. We know our roots unlike mass produced random studio “certified” and “registered” teachers with no roots i.e. unsafe.