

Special Saturday Workshops

June 3 “Yoga Therapy for Anxiety”

July 22 “Managing the Mind”


At 1904 Federal Blvd. in Ann Arbor, MI 48103



Part One of each Workshop is Experiential:

It will include user friendly therapeutic Asana sequence (movement with breath awareness), Pranayama (breathing techniques), as well as guided Yoga Nidra (deep relaxation), and Dhyana Yoga (meditation).

Part Two of each workshop is a 15-min. Q/A Session

You will be able to experience holistic yoga, a safe and healthy choice to help bring calm and peace and rejuvenate body and mind. Holistic yoga we teach combines well with conventional therapies and counseling.

Men and women of all ages, regardless of physical fitness, as well as teens ages 14 and older, beginners and advanced practitioners of yoga and meditation are all welcome to attend, will enjoy and leave relaxed and empowered to continue with a regular home practice.

Presenter: Ema Stefanova E-RYT500, Experienced Yoga Therapist & Teacher Trainer

For over 30 years, Ema has taught yoga to people of all ages, and backgrounds, from Olympic ice-skaters to opera singers, to medical students, doctors, patients and staff in hospital settings, and corporate executives. She is University of Michigan Integrative Medicine Referral Practitioner.



June 3, 2017
Yoga for Anxiety

Time: 4:30-6:30

Fee: \$69/\$59 early

July 22, 2017
Managing the Mind

Time: 4:30-6:30

Fee: \$69/\$59 early

**All levels are welcome.
Teachers earn CEUs.**

Participants must be able to get on and off the floor on their own.

****Guided Practice & Q&A session.**

Register Online at:
www.YogaAndMeditation.com

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