Ann Arbor Yoga and Meditation Continuing Education Courses 2021
Open to All. Registered Yoga Teachers with the Yoga Alliance and Yoga Therapists Certified with the IAYT earn CE Credit Hours.

Location: 1904 Federal Blvd. in Ann Arbor, MI and/or online.
Weekends: Saturdays 2:30-4:30/7:30 pm, & Sundays from 9:30am/1:00pm-5:00 pm.

Jan. 16-17 Classical Yoga & Meditation for Anxiety, Depression and Self-Harm
Jan. 30-31 The Complete Yoga and Meditation Stress Management Course
Feb 13-14 Prana Vidya: Healing, Self-Healing & Energy Block Removal Yoga
Feb. 27-28 Classical Yoga and Meditation for Cardiovascular and Heart Health
March 13-14 Chakra by Chakra: Focused Energy Center Meditation for Health
March 27-28 Total Health from the Inside: Classical Yoga Purification Practices

Our holistic well-balanced evidence supported courses are the fruit of APD/ YACEP’s rich teaching experience internationally in clinical settings, workplaces, at schools and in her own private practice. They consist of easy-to-administer techniques carefully chosen for their benefits and come complete with contraindications.

Participants will learn techniques, gain practical skills, and valuable insights, improve and develop fluency and accuracy, confidence and competence when working with these highly effective techniques. Our courses will equip you with powerful tools to help clients/students manage health, relieve and eliminate stress from daily life, at work and in the broadest sense possible. Above courses are also open to the public as 2-Day Seminars (refer to Schedule page for hours and details).

The Complete Yoga and Meditation Stress Management Course (CYMSMC) is a 17 Credit Hour Approved Continuing Education Course for IAYT Certified Yoga Therapists. Payment in full of $780 needs to be received at least 3 business days prior to attending any In-Person or online event. Five mentoring hours will be scheduled: one hour at the start, two for evaluation, and two hours to help develop competences.

The Live (In-Person) requirement can be met by attending any one of the following events:
1. CYMSMC held in Ann Arbor: Sat. 2:30 -7:30pm & Sun. 9:30am -5:00pm. on Jan. 30-31, 2021.
2. Sat. & Sun. portion of Lake Michigan retreat held in Ganges, MI: 4/23-25/2021; more dates TBD.
3. When hosting the program at your Therapy Center/Yoga Studio or Meditation Center.

Yoga Alliance RYT200 and RYT500 Teachers: choose form 12 or 6 Continuing Education Hour options. (Cost: $398/$358 early for the 12 CE hour option; $199/$179 early for the 6 hour option, same as 2-Day Seminar fees for the public.)

EmaStefanova@cs.com with questions or register at www.YogaAndMeditation.com.