

Yoga for a Healthy Heart

A Workshop to Celebrate Heart Health Month



Saturday, February 27 2:00-4:00P.M.

At 1904 Federal Blvd. in Ann Arbor

\$75.00 when you register and pay in full by 2/20; \$85 after
Pre-registration is required - space is limited!

www.YogaAndMeditation.com or 734-665-7801

Learn classical yoga and meditation methods to alleviate emotional conflicts, which impose enormous strain on your heart and can lead to heart disease and its complications. Through yoga and meditation, the body temperature, metabolic rate, and endocrine secretion patterns undergo a profound change and the emotional expression alters. The result: a healthier you, no longer limited by the instinctive personality.

Your Facilitator: Ema Stefanova is a Yoga Therapist of 30 years!