

ॐ Ann Arbor Yoga & Meditation

Special Offers for Purchases Made by June 12, 2026



HOLISTIC YOGA & MEDITATION SELF-CARE RETREATS AT SW LAKE MICHIGAN
For Total Beginners and all level enthusiasts, solo travelers are welcome.

2.5 hours from Ann Arbor, MI & 2.5 hours from Chicago, IL

4 DAY: 5/21-24; 6/18-21; 7/9-12; 7/16-19; 9/17-20; 9/24-27

3 DAY: 5/22-24; 6/19-21; 7/10-12; 7/17-19; 9/18-20; 9/25-27

Early Bird for **2 people**: 3 Day Retreat Cost is **\$1,062** 4 Day Retreat Cost **\$\$1,423**

PRIVATE YOGA THERAPY & MEDITATION FOR ANXIETY, STRESS MANAGEMENT, MCI

3 Individual Sessions cost is \$356 (add \$30 per each additional person per session up to 3).

LEVEL 1 (200-level) YOGA TEACHER TRAINING: (FLEX STARTING/FINISH DATES)

Level 1 Teacher Training (paid in full with cash, check, or direct transfer of funds):

\$3,100 when prepaid 100%

Payment Plan Option \$3,400 when you prepay 50% up front

Please, add 3% if prepaying for either option with a credit card at www.YogaAndMeditation.com

SPECIALTY TEACHER TRAINING [YA Continuing Education; IAYT APD PAID IN FULL]:

1. Yoga Nidra Certification (YNC) Flex Start/Finish Dates \$1,800

2. Meditation Certification (MC) Flex Start/Finish Dates \$2,100 paid by

3. Asana, Pranayama, Mudra, Bandha Practitioner Certification (APMB) Flex Start/Finish Dates \$2,100 paid in full

YOGA THERAPY & MEDITATION WORKPLACE/SCHOOL WELLNESS

Help relieve stress, lift employee/student morale. Schedule a one-time event, a workplace/school specific wellness course or ongoing classes.



www.YogaAndMeditation.com