

Ann Arbor Yoga and Meditation 2-Day Seminars

Held at 1904 Federal Blvd. in Ann Arbor, Michigan

Saturday 2:00-4:00 pm Workshop & Sunday 1:00-4:00 pm Half-Day Retreat.

For best results, please attend both days. Advance registration is required.



<p>4/25-26</p>	<p>THERAPEUTIC MEDITATION: ANTAR MOUNA Antar Mouna is the capacity to disentangle oneself from the overactive and reactive mind, from the excessive thoughts and emotions that pull one into suffering. This is one of the most important techniques traditional yoga has to offer, but also one of the most difficult ones to master. This seminar will allow you to establish yourself in this very powerful and liberating practice.</p>
<p>5/02-03</p>	<p>YOGA AND MEDITATION FOR BETTER HEALTH This fun seminar focuses on how to deal with burn out and how to manage stress in daily life. You will learn effective ways to help reduce anxiety, tension, worry and insecurity. You will learn how to strengthen your capacity to relax and rejuvenate your body-mind and develop wisdom to better meet life's challenges. You will learn how to remove stress, focus the mind and internalize the awareness.</p>
<p>5/30-31</p>	<p>YOGA NIDRA, MEDITATION AND HEALTH Learn yoga nidra and proven meditation techniques from classical yoga and tantra to calm the nervous system, release physical tension, support emotional regulation, improve sleep, and more. Experience healing and transformation to enhance recovery from stress, restore vitality, balance energy. Learn practical meditation to help with everyday life at home, at work, at school.</p>
<p>6/06-07</p>	<p>YOGA AND MEDITATION TO SUPPORT CHANGE Whether you are coping with illness or other life change this hands-on experience will offer tools applicable to real life to help manage anxiety, low mood, emotional overwhelm, chronic stress, lingering effects of past experiences and more. Total beginners are welcome.</p>
<p>By appointment</p>	<p>CUSTOM WORKSHOP FOR YOUR WORKPLACE, NON-PROFIT, CLINIC, FAMILY & FRIENDS. We will design and teach a workshop to perfectly suit your needs. Schedule in advance. Hold it at your site or ours.</p>

Both beginners and pros will enjoy. Yoga teachers earn 5 CE hours with the Yoga Alliance.

Cost: \$199/\$179 early. Register in advance at www.YogaAndMeditation.com