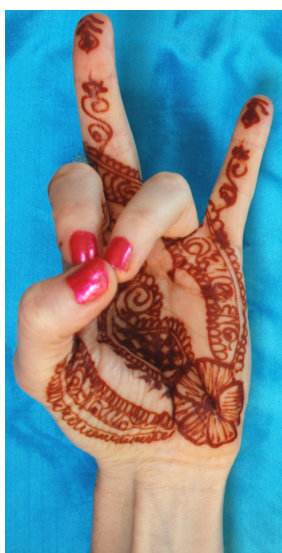


# Mudra Mantra & Meditation



Take your yoga practice to new heights. Progressive yoga techniques scale the highest limbs of Yoga: Dharana, Dhyana & Samadhi. Learn Hand Mudras that enhance the Pranic energy unleashed through yoga along with associated verbalizations to carry you more deeply into Yoga Meditation and higher levels of Conscious Bliss.



Sun Moon Yoga Studio's State Licensed, Yoga Alliance Teacher Certification: Educating the most knowledgeable and skilled yoga teachers since 2006.

Saturday May 10, 1-3 pm  
Cost: \$35;  
\$25 registered by 5/3



## Sun Moon Classes, Professional Development & Teacher Certification

### Spring 2014 Yoga Schedule starts 4/21

Drop-in's always Welcome  
Vinyasa, Basic, Better Backs, Therapeutic, Healthy Weight & Anxiety & Depression

**Mudra, Mantra & Meditation.** Sat. May 10, 2014 1-3 pm. \$35; \$25 pd. by 5/3.

**Muscle Anatomy: Find, Function & Fluency**  
June 20-22 \$300; \$250 by 6/9. (Free w/Spring 2014 200 & 500 level RYT & Thai Training)

**RYT 200 Teacher Certification** \$2900; \$2700 pd. by 5/1.  
5 Weekends + Flex Hrs 5/30-6/1, 6/20-22, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7

**RYT 500 Yoga Therapy Certification**  
\$5200; \$5000 pd. by 5/1 10 Weekends + Flex Hrs 5/30-6/1, 6/20-29 Thai massage, 7/18-20, 8/1-3 or 22-24 TBA, 9/5-7, 9/26-28, 10/17-19, 11/21-23, 12/13-15, 1/2-4

**10-Day Thai Massage Training**  
June 20-29 \$1100; \$900 pd. by 6/1. (Free with the 2014 500 level Yoga Therapy Tuition)



404 W. Huron Ann Arbor 48103 734-929-0274  
sun-moon-yoga.com