

# 45x5: Daily Sunrise Sampler



**Roll out of bed and start the day with 45 minutes of active, all-levels yoga, five days in a row, with a different teacher each day. Have fun, build community, and realize the profound benefits of doing yoga every morning.**

**Monday - Friday, September 8-12, October 6-10, November 3-7, December 1-5  
7:00 to 7:45 am**

\$35 for one full week, \$10 to drop-in for one day  
All sessions held at the Arlington studio

Visit our website at [sunandmoonstudio.com](http://sunandmoonstudio.com) for more information about classes, workshops and events

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Event: **45x5: Daily Sunrise Sampler** Date(s): \_\_\_\_\_

Location: **Arlington** Fee: **\$35/week; \$10 drop-in for one day** Total Fee Paid: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
New address (if we already have your current mailing address, no need to complete this line):  
\_\_\_\_\_

Visa/MC/Disc/Card #: \_\_\_\_\_ Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

If paying by check, make payable to Sun&Moon Yoga Studio. Mail payment and registration to  
Sun&Moon Yoga Studio, 3811 Lee Highway, Arlington, VA 22207