

45x5: Daily Sunrise Sampler



Spring out of bed and greet the longer days 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, March 10-14, April 7-11, May 5-9

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 for more information about classes, workshops and events

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