



meditation simplified

with Anne Jablonski

The shift from being more tempted by meditation than by the distractions that keep you from it is easier than you think. You're not alone if you find yourself intrigued by the benefits of a meditation practice but exasperated with your apparent inability to begin or sustain one. Do you find it do-able when a teacher guides you through it, but when you try it on your own, it seems out of reach? In this two-and-a-half hour workshop, students will:

Learn about meditation as the heart of yoga – in a lighthearted, uncomplicated, and accessible way;

Get a taste of some of the simple but profound techniques for developing a home meditation practice;

Explore tossing technique out the window when the time is right.

Sunday February 5

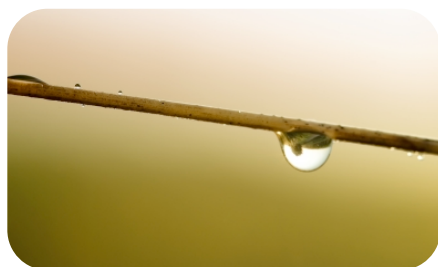
1:30 to 4:00 pm

Arlington Studio

\$40; or \$35 with

ONLINE registration by

1/29



find us online at www.sunandmoonstudio.com

or give us a call at 703.525.YOGA

3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

If you are not pre-registered for a workshop, please call the studio prior to dropping in.

If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.

breathe. stretch. relax. repeat.