

# sun&moon yogastudio

breathe. stretch. relax. repeat.

## finding your bliss



### a workshop with julie carvalho

Looking for peak experiences? Mystical ecstasies? Accomplishments in the "zone"?

In this workshop with Julie Carvalho, professional psychologist, we will explore practices and philosophies to help attain self-actualization and other states of bliss. We'll discuss ideas from explorers such as Abraham Maslow and and Mihalyi, and students will share their ideas and experiences in an accepting environment. At the end of class, participants can choose techniques to help them develop higher levels of cognitive, emotional, and physical consciousness. Healthy goodies will be provided. After the session, schedule a free follow-up meeting with Julie.

**Saturday July 18**

**1:00 to 4:00 pm**

**\$40**

**Fairfax**

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

*If you are not pre-registered for a workshop, please call the studio prior to dropping in to confirm availability and check for cancellations. If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.*

Workshop: \_\_\_\_\_ Teacher: \_\_\_\_\_

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: \_\_\_\_\_

Make checks to Sun&Moon Yoga Studio. Mail with form to 9998 Main St. Fairfax VA 22031

Office Use:  Cash Reg.  CC Proc.  Reg. Book

Circle: V/MC/Disc/CA/CK# \_\_\_\_\_ GC\$ \_\_\_\_\_ Database by \_\_\_\_\_