

# Reducing Stress in Daily Life



## Extending Yoga's Benefits Beyond the Mat With Faith Halter

Have fun, gain new insights, and learn to maintain more calm as you encounter the big and little bumps that generate daily stress . . . waaaaaay more stress than most of us want or need. Each month features a different theme; signing up for the series gives the benefit of ongoing reinforcement.

Each month will include instruction in:

- **Yoga poses**
- **Breathing exercises**
- **Movement**
- **Partner work**

*Faith Halter, RYT weaves into her yoga teaching her expertise as a stress reduction coach and her experience practicing a specialized form of craniosacral body work that calms the nervous system. Faith's classes and workshops incorporate humor and a relaxed, playful approach.*

**Sundays October 28, November 18, December 16**

**2:30 to 4:30 pm**

**\$25/session; \$60 for all three sessions**

**Arlington**

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

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Event: **Reducing Stress in Daily Life** Location: **Arlington** Fee: **\$25 or \$60 for series** Date(s) \_\_\_\_\_

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