

sun&moon yogastudio

breathe. stretch. relax. repeat.

family yoga with annie moyer



Join us for yoga designed for parents and children (ages 4 and up) to practice in a playful and relaxed environment. You and your child will explore the strength, balance and flexibility of your bodies, minds and spirits as you stretch, breathe and relax together. Stories, games, visualizations, and partner poses round out the fun.

Sunday July 12

4:00 to 5:00 pm

Arlington

\$20/adult & one child; \$5/additional child

Visit our website at 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 3811 Lee Hwy, Arlington, VA 22207

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

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