



# 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.

**Sundays  
February 28  
and March 21**

**4:00 to 5:00 pm  
\$25/adult &  
one child;  
\$5/additional child  
Arlington studio**



**register online at [www.sunandmoonstudio.com](http://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.**