

Breathe. Stretch. Relax. Repeat.



As part of our Teacher-Training Program, we offer free classes to the public. The classes are taught by teachers in our training program to give them practice teaching and evaluation time.

These classes are beginning level unless otherwise stated. Please bring a friend and introduce them to yoga at Sun & Moon while enjoying a yoga class yourself and participating in our teacher-training program.

Please register with the studio where the class is being held as class size is limited.

LOCATION	DATE	TIME	TEACHER	FACULTY
Arlington	May 9	2:30 - 4:00 pm	Jeni Berry	Jackie Shaffer
Fairfax	May 17	12:45 - 2:15 pm	Roger Panetta	Tanya Roland
Fairfax	Jun 13	2:30 - 4:00 pm	Nancy Helland	Jackie Shaffer
Arlington	Jul 11	2:30 - 4:00 pm	Terry Strayer	Jackie Shaffer

### Free Class Registration-Winter 2009

Name: \_\_\_\_\_ Phone(s): \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City/St/Zip: \_\_\_\_\_

Free Class Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Send your registration form to the location of the Free Class: Sun & Moon Yoga Studio  
Arlington: 3811 Lee Hwy, Arlington, VA 22207 or Fairfax: 9998 Main Street, Fairfax, VA 22031