

sun&moon yogastudio

Breathe. Stretch. Relax. Repeat.

FREE CLASSES

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
Fairfax	Apr 12	2:30 - 4:00pm	Suze Auda	Alex Levin
Arlington	Apr 19	2:30 - 4:00pm	Anna Mikheeva	Jackie Shaffer
Fairfax	May 3	2:30 - 4:00pm	Deborah Hayes	Noralea Dalkin
Arlington	May 17	2:30 - 4:00pm	Carolyn Amundson	Annie Moyer
Arlington	Jun 14	2:30 - 4:00pm	Carole Rodero	Rixie Dennison
Arlington	Jun 28	2:30 - 4:00pm	Lea Gaffen	Alex Levin

Free Class Registration

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