

# sun&moon yogastudio

breathe. stretch. relax. repeat.

## yoga for school teachers



with **helene hammer**

If you feel overwhelmed, stressed out, frustrated, under-appreciated...unable to stop the mind chatter...tired from being on your feet all day...low on energy...tense in your body... unable to relax or calm down...do something GOOD for yourself BEFORE school starts again!

In this fun and playful workshop, we will use yoga postures, breathing and relaxation techniques to address these issues and MORE! Participants will leave with strategies and resources that can be employed in their own practice at school and at home.

*Helene Hammer (RYT 200) has been teaching in public schools for 30 years and has been practicing yoga for nine years. She is certified through Kripalu and has been trained in Children's and Restorative Yoga as well. In addition, she is a Reiki Master Level III Practitioner and Sound Healer.*

**Saturday August 22      1:00 to 3:00 pm      \$25      Fairfax**

**Visit our website at [sunandmoonstudio.com](http://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 9998 Main St. Fairfax VA 22031

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

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