



raise your voice in yoga kirtan circle for all

Kirtan is an essential part of Bhakti Yoga (the yoga of devotion). It focuses on rhythmic, musical chanting of the divine names. It's fun, exhilarating and one of the most joyful practices around.

Please join us on one of several Saturday evenings this fall for this powerful devotional practice.

Bring musical instruments if you have them, or just your voice, and prepare to have your heart opened!

Saturdays This Winter:

January 21

February 18

March 17

5:30pm to 7:00pm

Arlington Studio

Donations accepted for our
Yoga for Good program to
support those in need in our
local community



visit us at www.sunandmoonstudio.com

or give us a call at 703.525.YOGA

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breathe. stretch. relax. repeat.