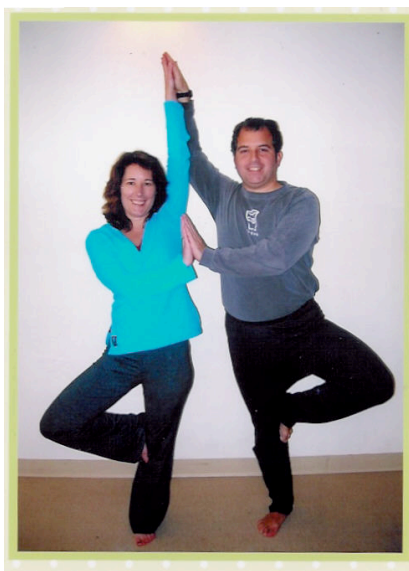




valentine's day partner yoga with heidi & roger panetta

Come with a partner and Roger and Heidi will guide you through a series of poses that you'll do together. Foster connectedness, communication and compassion. Have fun, do some yoga and learn how to develop a practice for two.

All levels of yoga experience, strength and flexibility are welcome. Beginners are encouraged!



**Sunday February 12
3:00 to 5:00 pm
Arlington Studio**

\$60;/couple; or \$50 with [ONLINE](#) registration by 2/4

find us online at 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.