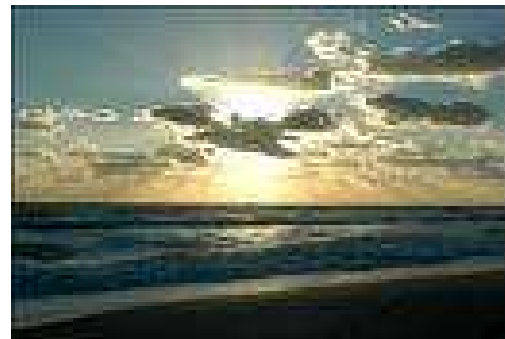


sun&moon yogastudio

Breathe. Stretch. Relax. Repeat.

45x5: Daily Sunrise Sampler

Roll out of bed and start the day on a positive note. Spend 45 minutes per morning, 5 days in a row, and discover how doing yoga *EVERY* day can make all the difference!



Presented in mini-workshop format, this week will be a sampler of 5 active, all-levels classes with a different teacher each day.

Date: Monday, July 16 – Friday, July 20
Time: 7:00 – 7:45 a.m.
Location: Arlington
Fee: \$35.00

Visit our website at SunAndMoonStudio.com for more events at our studios

Workshop Name: **Sunrise Sampler**
Date: **Monday, July 16 – Friday, July 20**
Fee: **\$35**

Location: **Arlington**
Time: **7:00 – 7:45 a.m.**

Name: _____ Phone: _____

Address: _____

FOR MAIL OR FAX-IN ONLY: Payment by: Visa MC Disc Check# _____

Credit Card #: _____

Expires: ____/____/____ Signature: _____

CHECKS are payable to **Sun & Moon Yoga Studio** - mail both check & registration form to:
3811 Lee Highway, Arlington, VA 22207