

sun&moon yogastudio

breathe. stretch. relax. repeat.

living in balance with nature



a workshop with tanya roland

Timeless and contemporary wisdom has shown that all living things are interdependent and made of the five elements: space, air, fire, water and earth. The further we remove our appreciation internally and externally from these truths, the more we pollute and degrade the elements, and the more chaotic and extreme our individual and collective lives become. In this workshop we will look at the practical ways of nurturing the elements, for our own benefit and for that of our world at large.

Saturday July 25

1:00 to 3:00 pm

\$25

Arlington

Visit our website at 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 3811 Lee Hwy, Arlington, VA 22207

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

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