

## **COME JOURNEY WITH US THIS SPRING!**

## **April Yoga Quest**

Complete all 15 steps\* below during the month of April! Win prizes. Enjoy community. Experience your best self.

**ATTEND A HATHA CLASS** 

**ATTEND A VINYASA CLASS** 

ATTEND A WORKSHOP

TRY A NEW-TO-YOU CLASS STYLE

ATTEND A MEDITATION

ATTEND ANOTHER WORKSHOP

TRY A SECOND NEW-TO-YOU CLASS STYLE

ATTEND AN EVENING CLASS

ATTEND A MORNING CLASS

TRY A THIRD NEW-TO-YOU CLASS STYLE

ATTEND A WEEKEND CLASS

**ATTEND A MID-DAY CLASS** 

BRING A FRIEND WHO'S NEW TO THE STUDIO

POST A GLOWING STUDIO REVIEW ON YELP AND GOOGLE

CELEBRATE EARTH DAY IN GREEN OR A TREE T-SHIRT

FIRST PRIZE one 60-minute private session with Ahmed SECOND PRIZE one high-end, brand new yoga mat Chart your quest and share your progress on the community quest board in the studio.

THIRD PRIZE a spot in a workshop of your choice two books of your choice from our bookshop Finish the Quest by April 30 and we'll choose your name in a raffle drawing for one of four prizes!

BONUS STEPS!

Make a donation
to your favorite
organization in
honor of your April
Yoga Quest at Sun
& Moon, and/or
post on social
media about your
Quest and tag us!

\*Each class you take may be used for one step only. One class = one category.

LEARN sunandmoonstudio.com
TALK 703.525.YOGA (Arl) and 703.890.1550 (Ffx)
VISIT 3811 Langston Blvd. Arlington, VA 22207 and 3975 University Dr. Fairfax, VA 22030

breathe. stretch. heal. connect.