



advanced studies: connecting head to heart in inversions with jackie shaffer & alex levin

When traveling from head to heart and back again, the neck and throat are the delicate bridge.

Join us in exploring this dynamic in various poses, including the classic inversions.

A playful afternoon of sharing, experimenting, and unfolding your practice.

Saturday March 13
1:00 to 4:00 pm
\$40
Arlington



register 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.