



yoga lying down with allegra gulino

Think about the best aspects of lying down – it's relaxing, it's easy, you feel refreshed once you get back up again. Now think about the best aspects of a vigorous yoga practice – you get energized, focused, alert and aware from the inside out. Now put it all together and you've got the perfect afternoon: a whole vinyasa sequence lying down.

Sunday March 7
2:00 to 4:00 pm
\$25
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.