

# yoga to manage your mood

## LifeForce Yoga with Carol Confino



### Part One - Jan 21

Increased awareness with focus on body movement and breathing.

### Part Two - Feb 4

Clearing the field by introducing sound/chanting and chakra clearing meditation.

### Part Three - Feb 18

Exploring subtle energy with the hand positioning of *hasta mudra*.

Sometimes we lose our balance in life. This can lead to anxiety, fear, stagnation or withdrawal. Each change or new challenge can be exhausting. Learn to develop a yoga practice to support, energize, or calm your reactions to these changes. Though you can't always control what happens to you, you can change your perspective. This is a three-part workshop, designed to be done as a series, but each can be done separately.

**Saturdays Jan 21, Feb 4, and Feb 18 1:00 to 3:00 pm**  
**\$30 each or \$80 for the series**  
**(\$25 or \$70 [ONLINE](#) by 1/13)**  
**Fairfax Studio**

find us online at [www.sunandmoonstudio.com](http://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.**