

sun&moon yogastudio

Breathe. Stretch. Relax. Repeat.



FREE CLASSES

As part of our Teacher-Training Program, we offer free classes to the public. The classes are taught by teachers in our training program to give them practice teaching and evaluation time.

These classes are beginning level unless otherwise stated. Please bring a friend and introduce them to yoga at Sun & Moon while enjoying a yoga class yourself and participating in our teacher-training program.

Please register with the studio where the class is being held as class size is limited.

LOCATION	DATE	TIME	TEACHER	FACULTY
Fairfax	Sep 6	2:30 - 4:00pm	Kristy Vandenberg	Jackie Shaffer
Arlington	Oct 11	2:30 - 4:00pm	Kristy Vandenberg	Asya Haikin
Fairfax	Oct 18	2:30 - 4:00pm	Carole Rodero	Tanya Roland
Fairfax	Nov 2	2:30 - 4:00pm	Carolyn Amundson	Annie Moyer
Arlington	Nov 16	2:30 - 4:00pm	Nikki Wayne	Rixie Dennison

Free Class Registration

Name: _____ Phone(s): _____

Address: _____ Email: _____

City/St/Zip: _____

Free Class Date: _____ Time: _____ Location: _____

Send your registration form to the location of the Free Class: Sun & Moon Yoga Studio
Arlington: 3811 Lee Hwy, Arlington, VA 22207 or Fairfax: 9998 Main Street, Fairfax, VA 22031