



the yoga of poetry: mind, body, & inspiration with jane & garrett phelan

**Pay attention. Be astonished. Tell about it.
(Mary Oliver)**

Be astonished by the extraordinary details that we so often miss in the rush of our everyday lives. By grounding ourselves through breathing and practicing selected yoga poses, we will get in touch with our minds and bodies to discover our willingness to open up to our own experiences through writing short poems.

Reflecting on selected poetry that generates a deep responsiveness to the present moment, we will deepen both our experience of the poetry and of our yoga practice.

Bring a favorite poem that inspires you, to read aloud, and share why this work touches you so deeply.

No writing experience necessary!

**Friday Feb 3, 6:30 to 8:30 pm
Arlington Studio**

**\$30; or \$25 with
ONLINE registration by 1/28**



find us 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.