



yoga for dogs with suzanne morgan

Bring your favorite four-legged friend to this special workshop designed to help you build the connection with your dog. You'll learn yoga techniques such as pranayama (breathing exercises), asanas and meditation that will help you build a stronger relationship with your animal companion.

Limited space, so sign up early!

For safety and comfort, please bring proof of rabies shot, a blanket, leash, and your dog's favorite treats. Your dog must get along with other dogs. One dog per person, please. No prior experience with yoga necessary.

Recommended reading:

Made for Each Other: The Biology of the Human-Animal Bond
by Meg Daley Olmert

Saturday June 12
3:00 to 4:30 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.