



yoga for good

March 17



Come practice yoga on Saturday, 17 March in **Arlington**. Attend this donations-only, all-levels yoga class to help raise money for the **Lost Dog & Cat Rescue Foundation**.

The Lost Dog & Cat Rescue Foundation is a non-profit animal rescue organization saving the lives of thousands of homeless and abandoned pets each year. The organization rescues dogs and cats facing euthanasia in overcrowded shelters and works to place them for adoption in loving homes.

Saturday March 17
4:30 to 5:30 pm, Arlington Studio
Donations only. All contributions go directly to
the charity of the month

a chance to practice for yourself and others

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

breathe. stretch. relax. repeat.