



yoga for good

each month a different charity,
each month a different teacher,
each month a chance to practice for
yourself and for others.

COMING UP IN Arlington:

a benefit class for **SMILE TRAIN**

www.smiletrain.org

Smile Train provides free cleft surgery for millions of poor children in developing countries. The organization also provides cleft-related training for doctors and medical professionals.

👉 An **extra special**
restoratives and
Yoga Nidra class

Friday 2 April, 2010

time - 6:00 - 7:00 pm

Teacher: Jackie Shaffer
Place: Sun & Moon Yoga Studio
3811 Lee Hy, Arlington VA

no need to register - just show up!

Big thanks to the generous folks
from **Cabot Creamery** for donating a
\$25 gift certificate to one lucky yogi
attending *Yoga For Good*



What is **Yoga for Good**?

On the first Friday of each month (usually), a different teacher offers an all-levels, donations-only class, with all money going to the charity chosen by the teacher. Sun & Moon Yoga Studio donates the space to hold these classes. The latest *Yoga for Good* schedule is always available online at www.yogasetfree.com/seva.html. *Yoga for Good* is coordinated by Carol Stehl - email her at carol@sunandmoonstudio.com