



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 Fairfax:

a benefit class for **HEIFER INTERNATIONAL**

www.heifer.org

Heifer International works with communities to end hunger and poverty and care for the earth by helping people obtain a source of food and income. They provide gifts of livestock and training to help families improve their nutrition and generate sustainable income.

Friday 5 February, 2010

time - 6:00 - 7:15 pm

Teacher: Rachel Goldberg
Place: Sun & Moon Yoga Studio
9998 Main St, Fairfax 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