



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 **FRIENDS OF THE ORPHANS**

www.friendsoftheorphans.org

Friends of the Orphans gives safe and loving homes and brighter futures to children in Latin America and the Caribbean through fundraising and volunteer efforts.

Friday 5 March, 2010

time - 6:30 - 7:30 pm

Teachers: Michael & Rajeswari Tress

Place: Sun & Moon Yoga Studio
9998 Main St., Fairfax, VA

no need to register - just show up!

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



About 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