



# 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](http://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 2 April, 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 after-class snacks and 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](http://www.yogasetfree.com/seva.html). *Yoga for Good* is coordinated by Carol Stehl - email her at [carol@sunandmoonstudio.com](mailto:carol@sunandmoonstudio.com)