

Yoga for Good

Each month a different charity.

Each month a different teacher.

Each month a chance to practice for yourself and for others.

Our next Yoga for Good class in Arlington:

Friday, 5 September 2008, 6:00 - 7:15 pm (an all-levels class)

Teacher: Laura Dillon

Benefits: Save Darfur Coalition (www.savedarfur.org)

The Save Darfur Coalition in inspiring action, raising awareness, and speaking truth to power on behalf of the people of Darfur.

Location: Sun & Moon Yoga Studio,
3811 Lee Highway
Arlington, VA

No need to register – just show up!



Join us on the first Friday of each month at **Yoga for Good**, as we practice yoga, promote awareness, and raise funds for a variety of very important causes. Each month experience an all-levels, donations-only class taught by a different teacher. All donations will go to the charity selected by the teacher for that month. Sun & Moon Yoga Studio is generously donating the space to hold these classes. Thank you, Sun & Moon!

The latest Yoga for Good schedule is always available online at
www.yogasefree.com/seva.html

Questions? Contact Carol Stehl via email at carol.stehl@gmail.com

