

metro dc yoga week

— September 19 - 25, 2016 —

Speak Softly and Carry a Yoga Mat

**Celebrating Yoga
in DC, MD, and VA**

mind



body



spirit



CUT HERE

FOLD HERE

Name: _____

During

Metro DC Yoga Week

print this card and practice at up to
THREE studios NEW to you!

Bring your completed studio-validated card to

Sylvan Theater at Yoga on the Mall

10:00 am on September 25

for a chance to win a special gift.

A complete list of member studios and details
about Metro DC Yoga Week & Yoga on the Mall at:

www.MetroDCyogaweek.org

Member Studios: Initial and date this card for your new yogi.