



Virginia Yoga Week

www.virginiayogaweek.com

June 21–28, 2009

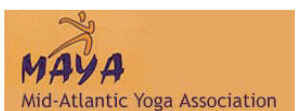
Take a breath Virginia... Virginia Yoga Week is in the air!

Virginia Yoga Week, a celebration of the fabulous yoga throughout Virginia Sponsored by:

the Virginia Yoga Community

yogis for positive change

making a difference ... one asana at a time



Virginia Yoga Week will kick off with
Virginia Yoga Day/Love Your Body
a celebration of Yoga and Wellness.
Sunday June 21, 9–1 Reston Town Center

Concludes with an afternoon of Free Yoga in the Fresh Air
in Historic Old Town Alexandria, **Sunday June 28th, 3–5.**

Participating Studios and Independent Teachers Include:

RIVER'S EDGE
YOGA

Edge Yoga



sport&health

Health Advantage Yoga Center

Beth Belton

Amy Halstead

Nanda Bondade - (703) 628-4830
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Interested studios and independent teachers are encouraged to contact Margaret Townsend, Chairperson Virginia Yoga Week
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571-218-2161

riversedgecenter@yahoo.com
www.virginiayogaweek.com
www.yogisforchange.com
www.mayayoga.org

Friends and Supporters:

Brazilian Springs , Old Town North Community Partnership, Fitness on the Run, Reston Town Center, the Jake Group, MEC Designs, UPS Del Ray, The Montgomery Center, the City of Alexandria