



Let your

# YOGA DANCE

*Experience the joy of letting your yoga dance through vibration, music and meditation in motion with Jason Moon*

**Thursday, Feb. 27**

**11:00am - 12:00pm**

**Namoo Yoga & Wellness**

**14098 Lee Highway,  
Centreville, VA 20120**

**Event is free**

**Donations are welcome**

Vibration  
Meditation in Motion  
YogaDance

*Coaching scholarships for students, patients and their families.*

- M** Mindfulness
- Y** Yoga & Meditation
- C** Coaching & Leadership
- O** Observation & Research
- N** Neuroplasticity Reverses Negativity
- S** Self & Social Awareness
- C** Curiosity & Care
- I** Inspiration & Insight
- O** Opportunity for growth
- U** Universal & Spiritual Intelligence
- S** Self, Social, & Relationship Management

RSVP to [coach@myconscious.org](mailto:coach@myconscious.org) or on our website: [www.myconscious.org](http://www.myconscious.org)

To register: <https://www.eventbrite.com/e/let-your-yoga-dance-tickets-95295388071>