



- Is your New Year's resolution to get back in shape?
- Want to tone and lengthen your body?
- What about taking some time for just you?

Read what others are saying:



"Pure Motion teaches yoga in a way that's accessible for all ages and abilities." – Carol, Vienna



"After taking classes with Pure Motion, I like to refer to my age as 64 years' young." – Pam, Vienna

Calendar of Classes

Yoga Class:

Wednesdays @ 10 – 11:30 am (Levels II/III)

Wednesdays @ 7:30 – 9 pm (All Levels)

Thursdays @ 10:30 am-noon (Levels I/II)

- **Wednesday/Thursday AM classes offered at Cuppett Performing Arts Center (135 Park St. E, Vienna)**
- **Wednesday PM classes at 8814 Doral Ct, Vienna (Near Westwood Country Club)**

Winter Session: Jan. 4 – Mar. 29

• No classes the week of Mar. 4th

• All 12 90-minute classes @ \$17 = \$204

• Drop-in rate for single class: \$20

Questions?

Call 703-281-7159

- *Minimum 8 students required for class*
- *Missed classes can be made up in other classes*
- *All missed classes MUST be made up in the Winter session*
- *Make checks out to "Pure Motion LLC"*