

Developing a Home Practice

In the beginning, attending one Yoga class or following a video once or twice a week may be enough to steep you in Yoga's benefits. As your interest deepens and you begin to reap the many benefits, you may find yourself eager to embark on a more personalized exploration.

Join Rixie for this workshop that is designed to help you overcome some of the obstacles keeping you from getting to your yoga mat.

Some topics this workshop will explore:



Do you have what you need?



What is the best time to practice?



How do I sequence the practice?



How long do I practice each day?



How do I know what pose or poses to practice?

Date: Sunday, January 28, 2007 Time: 1-3pm

Location: Fairfax Fee \$25.00

Visit our website at SunAndMoonStudio.com for more events at our studios

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Location: Fairfax

Date: Sunday, January 28, 2007

Time: 1-3:00 pm

Fee: \$ 25.00

Name: _____ **Phone:** _____

Address: _____

Payment: Credit Card: Visa **MC** **Disc** **Card #:** _____ **Expires:** ____/____

Signature: _____

Please make your check payable to **Sun & Moon Yoga Studio** and mail both your check and registration form to the location of the workshop:

Sun & Moon Yoga Studio

3811 Lee Highway, Arlington, VA 22207 or 9998 Main Street Fairfax, VA 22031