

Meditation for Beginners



- * **Reduced stress level**
- * **Increased ability to focus**
- * **Enhanced peace of mind**

We have all heard about the benefits of meditation, but sometimes it may be hard to figure out how to begin. Let Rixie Dennison lead you in this beginners' class to help you get started.

Date: Saturday, March 10, 2007 Time: 1-3pm
Location: Fairfax Fee: \$25.00

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

Workshop Name: **Meditation for Beginners**
Date: **Saturday March 10, 2007**

Location: **Fairfax studio**

Time: **1:00 - 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