



## Peaceful Yoga A Day of Reflection



Refresh yourself from the holiday season by joining Rixie Dennison for a day peace, practice and reflection.

**Monday ~~Tuesday~~, December 31, 2007**

**Time: 11 a.m. – 1:30 p.m. -- Location: Fairfax**

**Fee: \$ 50.00 (includes lunch)**

**Our Yoga practice this last day of 2007, will be spent in silence as we take time to breath, relax, feel and reflect. We'll then gather for a wholesome lunch and reflect together in community.**

Rixie Dennison has been teaching at Sun and Moon Yoga Studio for 7 years and is on the faculty of Sun and Moon's 300-Hour Teacher Training program. She is known for her gentle warm and welcoming style. She leads yoga and women's spiritual retreats and is also a Holistic Life Coach and Certified Reflexologist.

Workshop Name: Peaceful Yoga

Location: Sun & Moon, 9998 Main Street, Fairfax

Date: December ~~31~~<sup>29</sup>, 2007

Time: 11:00am-1:30pm

Fee: \$ 50.00

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

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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, 9998 Main Street Fairfax, VA 22031**