



the yoga of reflection and intention new year's eve day with rixie dennison



Join Rixie in this celebration of a year completed and a year to come. Backbends will help us reflect. Forward bends will help us see ahead with clarity. Sitting and standing in stillness will bring the two into balance. Pausing in between ... brings us to the now.

\$50 or \$45 [ONLINE](#) by 12/23
price includes homemade
soup, salad and dessert

Saturday December 31 11:00a to 1:30p Fairfax

find us online at www.sunandmoonstudio.com

or give us a call at 703.525.YOGA

3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

*If you are not pre-registered for a workshop, please call the studio prior to dropping in.
If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.*

breathe. stretch. relax. repeat.