

Meditation Workshop “One Step More”

**A series of continuing workshops based on
12 Step recovery programs**

~ With Rixie Dennison and Scarlet Gleeson ~

*Having had a spiritual awakening we delve deeper to our inner core
~ A journey of guided meditations through the 12 steps and chakras ~
Join us as we venture...One Step More*

Scarlet and Rixie have combined recovery of over 35 years. They lead workshops and spiritual retreats based on 12 Step Recovery and believe in a holistic approach to recovery. Rixie has been teaching at Sun&Moon Yoga Studio for ten years and is on the Teacher Training faculty. She is known for her gentle warm and welcoming style. She is also a Holistic Life Coach and Certified Reflexologist. Scarlet is a Reiki Master and Oracle and has been practicing meditation for decades.



**Friday August 21, 2009
6:00pm – 8:00pm
Fairfax
\$25**

Visit our website at sunandmoonstudio.com for more information about classes, workshops and events

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

Name: _____ Phone: _____ Email: _____
New address (if we already have your current mailing address, no need to complete this line):

Visa/MC/Disc/Card#: _____ Expires: ____/____ Signature: _____

Make checks payable to Sun&Moon Yoga Studio and mail to 9998 Main St. Fairfax, VA 22031

Office Use: Cash Reg. CC Proc. Reg. Book

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