



Yoga for the Feet

with Rixie Dennison

Sunday, November 9, 2008

Fairfax Studio 1-4 pm \$40

When we bring Yoga into our lives it is common for us to discover that we have lost connection with our feet. The practice of Yoga can transform our relationship with our feet. Practicing barefoot, we develop a greater feel for the ground and our connection to the earth. As we become more intimate with our feet, they also become stronger and more mobile. Healthy feet lead to more poise, stability and rootedness. As we free up our feet, we can tap into a reservoir of potential energy and realize we are standing on a wellspring of life force that has been blocked by years of constrictive footwear and lack of use.

Join us as we discover our feet, physically, energetically and symbolically through Yoga. Rixie has been teaching at Sun and Moon Yoga Studio for 8 years, and is a Holistic Life Coach and Reflexologist. This class will consist of Asanas (poses) to energize our feet and learning how important it is to create a foundation for our bodies. Rixie will also show us how we can use reflexology points on our feet to help heal our bodies. Bring common foot problems like flat feet, bunions and hammer toes, and she will show you some simple ways to help correct those problems. We'll end the day with a *self-foot massage* that will surely send you home with a new respect and love for your feet!☺

**Register at our studios, by mail or fax (703-934-9481) or online at www.sunandmoonstudio.com

Workshop Name: *Yoga for the Feet* Location: Fairfax Date: Sunday, November 9, 2008

Time: 1:00-4:00 pm Fee: \$40

Name: _____ **Phone:** _____

Address: _____

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

Signature: _____

If paying by check, please make your check payable to **Sun & Moon Yoga Studio** and mail both your check and registration form to: **Sun & Moon Yoga Studio, 9998 Main Street, Fairfax, VA 22031**