

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: Sunday, October 10, 2010 Time: 2 - 4 p.m.
Location: Fairfax Fee: \$25.00

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

Workshop Name: Meditation for Beginners

Location: Fairfax studio

Date: Sunday, October 10, 2010

Time: 12:30 - 2:30 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