

# sun&moon yogastudio

Breathe. Stretch. Relax. Repeat.

## Yoga and Mandalas An Inward Journey

*Imagine an afternoon just for You • Peaceful\* Creative\*Relaxing*

Guided by Rixie Dennison

Begin with a centering meditation and Yoga poses designed to draw awareness to the deepest regions of your body. Gaze into your essence through a guided visualization. Create your own personal *Mandala* with images discovered from your inner Self with crayons, paints and pencils. Finally, integrate and balance your Mind, Body, Emotions & Spirit through restorative Yoga poses that are will to leave you rested and rejuvenated!

**Date: Sunday April 29, 2007**

**Location: Fairfax**

**Fee: \$ 40.00**

*Visit our website at [SunAndMoonStudio.com](http://SunAndMoonStudio.com) for more events at our studios*

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Workshop Name: Yoga and Mandalas

Location: Fairfax

Date: April 29,2007

Time: 1-4 pm

Fee: \$40.00

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

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