

sun&moon yogastudio

breathe. stretch. relax. repeat.

yoga and the promises

a series of continuing workshops based
on 12-step recovery programs



with rixie dennison & scarlet gleeson

Refresh your spirit with Rixie and Scarlet as they introduce the 12 promises

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 July 17

6:00 to 8:00 pm

\$25

Fairfax

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.

Workshop: _____ Teacher: _____

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 to Sun&Moon Yoga Studio. Mail with form to 9998 Main St. Fairfax VA 22031

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

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