

Restore With Rixie



Rest and rejuvenation are vital to well being

The human body is gifted with an innate capacity to heal itself if we simply allow the process to happen. In this workshop we will slow down, breathe, focus, and allow our bodies' inherent wisdom to do the art of restoration. Resting and rejuvenating can help us enjoy health and prosperity in body, mind and spirit.

Join Rixie Dennison for a short pause and feel the power of stillness.

Sunday September 28

1:00 to 3:00 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.

Event: **Restore With Rixie** Location: **Fairfax** Date: **September 28** Fee: **\$25**

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: _____

If paying by check, make payable to Sun & Moon Yoga Studio. Mail payment & registration to:
Sun&Moon Yoga Studio, 9998 Main Street, Fairfax, VA 22031