

# sun&moon yogastudio

breathe. stretch. relax. repeat.

## a meditation on “one step more”

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



with rixie dennison & scarlet gleeson

*“Having had a spiritual awakening, we delve deeper to our inner core -- a journey of guided meditations with 12 steps and 7 chakras. Join us as we venture ... One Step More”*

*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 August 21**

**6:00 to 8:00 pm**

**\$25**

**Fairfax**

**Visit our website at [sunandmoonstudio.com](http://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):  
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Visa/MC/Disc/Card#: \_\_\_\_\_ Expires: \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

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

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