

sun&moon yogastudio

Breathe. Stretch. Relax. Repeat.



Yoga for the Feet with Rixie Dennison

Sunday, November 18th

Fairfax Studio 1-4 pm \$40

When we bring Yoga into our lives, it is common for us to discover that we have lost connection with our feet. The practice of Yoga can transform our relationship with our feet. Practicing barefoot, we develop a greater feel for the ground and our connection to the earth. As we become more intimate with our feet, they also become stronger and more mobile. Healthy feet lead to more poise, stability and rootedness. As we free up our feet, we can tap into a reservoir of potential energy and realize we are standing on a wellspring of life force

that has been blocked by years of constrictive footwear and lack of use. Join us as we discover our feet - physically, energetically and symbolically through Yoga.

Rixie has been teaching at Sun and Moon Yoga Studio for 6 years, and is a Holistic Life Coach and Reflexologist. She will show us how we can use reflexology points on our feet to help heal our bodies. Bring common foot problems like flat feet, bunions and hammer toes, and she will show you some simple ways to help correct those problems. We'll end the day with a *self-foot* massage that will surely send you home with a new respect and love for your feet!

Workshop Name: Yoga for the Feet
Sunday, November 18, 2007

Time: 1:00-4:00 pm

Fee: \$40

Location: Fairfax

Name: _____ **Phone:** _____

Address: _____

Payment: Check # _____ Visa MC Disc Card #: _____ **Expires:** ____/____

Signature: _____

Check is payable to **Sun & Moon Yoga Studio** - mail both payment 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

or register online at www.sunandmoonstudio.com