

# Purifying the Mind, Body, Emotions and Spirit Through Yoga and Ritual



*Our Fifth Annual Retreat--Yoga, Community, and Spirit—with Rixie Dennison  
Come jump start your inner “Spring Cleaning” Lots of yoga, breathing, meditation  
New this year -- Experience a purification ceremony inside a **Sweat Lodge** using the  
sacred round of the Medicine Wheel*

*March 27-29, 2009  
Seven Oaks Pathwork Center, Madison, Virginia*

**\$308 for the weekend**

This includes two nights lodging, 5 fabulous meals, beginning with dinner Friday evening & ending with breakfast Sunday morning –Five Yoga classes, and a purifying sweat lodge -- time to “just be.” **\$288 ~ for the first 10 registrants!!**

A teacher at Sun and Moon Yoga Studios for 8 years, Rixie is known for her gentle, warm, non-judgmental, spirit-filled style. She is also a Holistic Life Coach and Reflexologist.

If you have ANY questions about the retreat: (703) 698-8511 or [rixie@mandalahealingarts.com](mailto:rixie@mandalahealingarts.com)

Make check payable to and mail to: Rixie Dennison, 7717 Inversham Drive #119, Falls Church, VA 22042  
No refunds after February 1. Register early – **space is limited to 25**. All levels welcomed and embraced.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_