

exploring the chakras using essential oils with rixie dennison

Essential oils naturally complement yoga by supporting physical and mental strength and focus through the science of aromatherapy. The oils are extremely versatile and have many practical applications, including techniques for complementing pranayama, meditation, relaxation, post-practice, and for cleansing and purifying. Essential oils are also used to activate and balance the energy centers of the chakra system.

Join Rixie whose passion for aromatherapy, the chakras and yoga come together in this workshop.

Sunday May 16
1:00 to 3:00 pm
\$25
Fairfax



register online at www.sunandmoonstudio.com

or give us a call at 703.525.YOGA

3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031

If you are not pre-registered for a workshop, please call the studio prior to dropping in.

If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.

breathe. stretch. relax. repeat.