

Yoga for the 12 Steps

Friday's – 7 – 8:30 p.m. – January 8th-March 26th, 2010

Sun and Moon Yoga Studio, 9998 Main Street, Fairfax, VA

Cost

First Class FREE!

Come try it out ...

\$180 for 12 Week
Session

Paid in Advance

That's just \$15 a Class or

\$20 drop-in fee

Work at the front desk
in Exchange for the
Class*

Teachers

Rixie has been studying and teaching Yoga in the area for ten years and has over 17 years of sobriety.

Scarlet who will be leading our 12 Step Meditations has been practicing meditation for 25 years and over 20 years of sobriety.

Our 12-Step programs propose a spiritual remedy, but do not offer much advice for the physical dimension of healing from any kind of addiction.

During this Yoga class you will practice physical movement/postures, breathing exercises and conscious relaxation. This 1 ½ hour practice once a week will begin to develop awareness, balance and connect our physical bodies to our mental, emotional and spiritual selves.

Both Yoga and the 12 Step philosophies provide a framework to live a more authentic life and foster personal growth and healing. Please join Rixie and Scarlet as they share and weave their knowledge of these two healing practices.

***Call Rixie Dennison 703-698-8511 or Scarlet Gleeson 703-795-3557 for any questions or clarification.**