

Yoga for the 12 Steps

"for anyone looking to enhance their life or recovery program"

"Healing Our Hearts"

Join us as we gently open our hearts in Yoga with gentle postures, breathing and meditation, and take time to look inside our hearts - searching fearlessly and learning tools to write a personal inventory of ourselves this weekend.

November 5, 6, & 7, 2010
Seven Oaks Retreat Center
Madison, Virginia
(1 ½ hours from D.C.)



All Inclusive -- **\$325**
5 Fabulous Meals, 2 Nights Lodging
Yoga, Meditation, Community
Friday 4 p.m. – Sunday Noon

**Where Yoga Meets Recovery
with
Rixie Dennison**

**Make checks payable to Rixie Dennison - \$75 non-refundable deposit by September 1, 2010 secures your space. Remaining balance due by October 15, 2010. No refunds after October 15, 2010.
(703) 698-8511 rixie@mandalahealingarts.com www.mandalahealingarts.com**