



yoga for feet with rixie dennison

Join us as we discover our feet, physically, energetically and symbolically through Yoga. Rixie has been teaching at Sun & Moon Yoga Studio for ten years, and is a Holistic Life Coach and Reflexologist. This class will consist of asanas (poses) to energize our feet and will give guidance on creating a strong foundation for our bodies. Rixie will also show us how we can use reflexology points on our feet to help in the healing process.

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!



Sunday April 11
1:30 to 4:30 pm
\$40
Arlington

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.