

LAW OF ATTRACTION:



COLLAGING FOR HEALTH AND WELLNESS

SATURDAY, JULY 26, 2008, 1-4 P.M. \$60

With Rixie Dennison and Monica Thakrar

Have you been struggling with your weight for years? Have you been trying diets and weight loss plans without any luck? Come use your “Staycation” and learn the principals of “The Secret” to and begin understanding what steps you need to take to bring health and wellness into your life.

In this three-hour workshop participate in a guided meditation to visualize a life full of health and wellness. Then actively create your own Health and Wellness Collage using poster board and magazine images to bring your visualization to life. Share your collage with other workshop participants at the end of the workshop for support. An Individual follow- up coaching session included in workshop fee.

Both Rixie and Monica are practicing Life Coaches in the Northern Virginia area. Rixie also teaches Yoga at the Sun and Moon Studio in Fairfax, and also enjoys a thriving Reflexology and Reiki practice. Monica focuses on helping clients “de-clutter” in body, mind, spirit in order to live a more joyful life!

Sun & Moon Yoga Studio

9998 Main Street, Fairfax, VA 22031

For more info, please call: 703-698-8511 or 703-282-3295

Law of Attraction for Health and Wellness --\$60

Name: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail: _____

Please make your check payable to **Monica Thakrar** and mail your check and registration form to:
9852 Oakdale Woods Ct, Vienna, VA 22181