

THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO WINTER 2010

MBSR: MINDFULNESS-BASED STRESS REDUCTION

Our program is based on 30 years of well-researched programs at the UMass Medical School where we train. MBSR is a proven way to help your patients find their own way to face stress, chronic pain, or illness.

GRADUATES OF OUR PROGRAM REPORT IN TESTS AND IN EVALUATIONS:

- ♦Reduction in pain levels ♦Greater ability to cope with stress
- ♦Decreases in physical and psychological symptoms ♦Greater ability to relax
- ♦Greater energy ♦Lighter mood, ♦Feeling better about life

TWO DECADES OF MEDICAL RESEARCH SHOWS MBSR CAN BE HELPFUL FOR:

- ♦Chronic pain or illness, ♦Anxiety or panic, ♦Gastrointestinal distress
- ♦Work stress ♦High blood pressure ♦Headaches ♦Fatigue
- ♦Fibromyalgia ♦Cancer ♦HIV ♦MS ♦Heart disease ♦and more.

ATTEND AN ORIENTATION. CONTACT US FOR AN APPLICATION & DETAILS.

WORKSHOPS, SERIES, ETC.

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

The 8-Week Program starts Tuesday Jan. 19 at 6pm. \$250 by Jan 5.

Application required. Free 2-hour MBSR Orientation Courses:

- ☐ Tues. Jan. 5, 6pm ☐ Tues. Jan. 12, 6pm

RESTORATIVE YOGA 2-HOUR WORKSHOP

Learn and practice postures, breathing, use of props, and meditative practices to restore a sense of ease. Thurs. Jan. 7, 6-8 p.m. \$20.

YOGA THERAPY: FIND YOUR CORE STRENGTH

Anatomy and biomechanics for a solid center; yoga and therapeutic exercises. Taught by a PT. Sat., Jan. 23, 9-11am. \$25

YOGA AS MEDICINE

Learn how yoga can complement medical care and therapy. All welcome. A two-hour class: Sat., Jan 23, at 2 p.m. \$25

YOGA FOR WOMEN'S HEALTH

Help core strength, hormones, pelvic and low back pain, bladder control, and more. All welcome. Sat. Feb. 13, 9-11 a.m. \$25

YOGA FOR MEN'S HEALTH

Help with flexibility, aging, back pain, mood, prostate health, and your sense of vitality. All welcome. Sat. Feb. 13, 2-4 p.m. \$25

PRENATAL YOGA WITH YOUR PARTNER

Gentle ways of supporting your dear partner during her pregnancy: supported postures, meditative practice. : Sat., Feb. 6. 2-4pm \$20

SLEEP WELL SPECIAL SERIES

Restful postures, gentle movement, and meditative practices for better sleep. See web for details. Thursdays, Feb. 4-18, 6-8pm. \$95

THE NIA TECHNIQUE



NIA: ENERGIZING, HEALING, JOYFUL MOVEMENT

See our schedule for on-going classes. \$90 for our 10-week series or \$10 to drop in.

"NIA MOVES" WORKSHOP

Deepen your practice of Nia's steps, stances and moves. Saturday, February 27 noon-2pm, \$25

GROUP OR PRIVATE THERAPEUTIC CONSULTATIONS

Therapeutic application of yoga and meditative practices are powerful and practical ways of enhancing your capacity to heal and to be resilient in the face of challenges in life. Call or email to arrange an appointment for you or your group.

WINTER JAN. 3RD TO MARCH 13TH

DAY	TIME	CLASS	TEACHER
SUN	9-10AM	(NIA SERIES)	LAURIE
SUN	10:15-11:30PM	BEGINNING YOGA	LAURIE
MON	NOON-1PM	BEGINNING YOGA	BRANT
MON	4-5:15PM	GENTLE YOGA	BRANT
MON	5:30-6:45PM	BEG./INTER.YOGA	BRANT
MON	7-8:15PM	BEG./INTER.YOGA	BRANT
TUES	2-3PM	ADAPTIVE YOGA IN CHAIR	BRANT
TUES	4:00-5:15PM	GENTLE YOGA	MARIE
TUES	5:30-6:45PM	BEGINNING YOGA	MARIE
TUES	6:00-8:30PM	(MBSR 8-WEEK SERIES)	BRANT
TUES	7:00-8:15PM	GENTLE YOGA	MARIE
WED	10:30-11:45AM	GENTLE YOGA	BRANT
WED	NOON-1PM	BEGINNING YOGA	BRANT
WED	5:30-6:30PM	(NIA SERIES)	LAURIE
WED	5:30-6:45PM	INTERMEDIATE YOGA	BRANT
WED	7:00-8:15PM	BEG./INTER.YOGA	BRANT
THURS	4-5:15PM	PRENATAL YOGA	MARIE
THURS	5:30-6:45PM	BEGINNING YOGA	MARIE
THURS	6-8PM	SLEEP WELL (SEE DATES)	
THURS	7:00-8:15PM	GENTLE YOGA	MARIE
SAT	8:30-9:45AM	INTERMEDIATE YOGA	BRANT
SAT	10:00-11:15AM	BEGINNING YOGA	BRANT
SAT	9-11AM	WORKSHOPS SEE SCHED.	MARIE
SAT	2-4PM	WORKSHOPS SEE SCHED.	BRANT

The Stress Reduction Clinic

@ Yoga Hillsboro
232 NE Lincoln, Suite O
Hillsboro, OR 97124

Please . . . If you would like to be added to or removed from our mailing list call or email us today!
503 640-6006 yogahillsboro@aol.com



Marie Pielage PT Brant Rogers MS,RYT

WINTER 2010

YOGA AS MEDICINE
YOGA FOR WOMEN
SLEEP WELL SERIES
FIND YOUR CORE STRENGTH
MINDFULNESS-BASED STRESS
REDUCTION (MBSR)

A PROFESSIONAL COMPLEMENT TO
CLINICAL CARE

www.yogahillsboro.com

THE STRESS REDUCTION CLINIC | HEALTHCARE NEWS @ YOGA HILLSBORO & COMMENTARY

"A PROFESSIONAL COMPLEMENT TO MEDICAL CARE AND THERAPY FOR ORDINARY PEOPLE LIKE YOU AND ME." WINTER 2010

MIRACLE CURES & IMMUNITY NOW AVAILABLE

What would you pay for something that could lower your risk for heart disease, diabetes, cancer, and stroke by as much as 80%: \$1,000, \$5,000, \$10,000, more? This year's *Journal of the Annals of Internal Medicine*, a well-respected medical journal, outlined a study of 23,000 adults that documents this "miracle." Harvard historian, Anne Harrington, in her book *The Cure Within* outlines the history of well-documented cases. Likewise medical and scientific journals are publishing research that shows similar effects on chronic pain, insomnia, mood disturbance and many other sources of suffering in modern life. Corporations like IBM are beginning to provide it to their employees to prevent disease, improve employee health and reduce medical costs.

What would you pay? What would you say if I told you it will cost you little or nothing? It may even save you money. You and I know a lot about this at least on an instinctive level. This miraculous source of healing and vitality is simple: stop smoking, manage your weight, limit alcohol intake, exercise regularly, sleep well, follow a healthy diet, nurture loving relationships, stop reacting with anger and fear, calm down.

This isn't about another diet program that won't work in the long term. It's not about relaxing by taking more vacations or retiring early. It's not about trying to control your behavior and be a nicer person. These may or may not help.

It's really not about fixing ourselves at all. The root of the capacity to transform our lives this way is not about "doing" anything. It is about "being." It's about being in touch with ourselves enough to know what drives us to damage our health: smoking, drugs, eating harmful foods, reactive anger, etc. It's about being in touch with what draws us to healing: softening the craving for things that harm us, feeling the joy of being alive, appreciating quiet, eating wholesome foods, learning to be at ease, accepting ourselves and others, working as an act of love.

Our courses help support you in remembering your inherent capacity to "be." You'll know what to "do" from there.

CHRONIC PAIN, YOGA & MINDFULNESS

Two new books catalogue the clinical value of yoga and mindfulness practice in alleviating chronic pain. Jackie Gardner-Nix is an MD, pain specialist, and MBSR teacher who recently wrote *The Mindfulness Solution to Pain*. She outlines what we can do for ourselves to face and work with our pain. Kelly McGonigal, a psychologist, and Timothy McCall a medical doctor combine their efforts in their new book *Yoga for Pain Relief*. We highly recommend both books from clinicians who practice what they preach; mind and body working together supports healing.

"You will learn something and have a relaxing and stress reducing experience in spite of yourself."

- MBSR Program Graduate, David

JOIN OUR REFERRAL NETWORK

Dozens of clinicians now refer their patients to our courses. Family physicians, internists, obstetricians, psychiatrists, psychologists, physical therapists, counselors, naturopaths, chiropractors, acupuncturists and clinicians in many specialties are finding the unique evidence-based learning we offer here can be a valuable complement to medical care and therapy. Many clinicians now take our courses as well.

We also refer our students to local clinicians and would like to broaden our ability to do so. If you would like to receive new patients who have an active interest in their own health and well-being let us know. Tell us about your specialties, interests, and other details that may be helpful for a referral.

Also, we will be featuring a "Clinician's Corner" in our upcoming student newsletters. We will highlight someone each term with bio, contact information, specialties and interests. Let us know if you would like to participate. No advertisement, no fee, just supporting you and our students.

REGISTRATION & ATTENDANCE ESSENTIALS

HOW TO REGISTER

Mail or email the registration information or arrive early to complete it on the first day of class. Pay with cash or check.

WHAT TO PAY AND HOW TO ATTEND

Drop in any time during the term – no problem, many do: \$10
10 week Yoga term costs: One class per week for \$75. Two classes per week for \$135. Three classes per week for \$160.
Less than 10 weeks – we'll prorate for the weeks remaining.

Private Consultation (approx. 1 hour): \$50/sliding scale

Nia, Workshops, Series: Priced as noted in descriptions.

Make-Up Classes: Miss a yoga class? Attend another class, send or bring a friend as your make-up during this term only. Make-ups apply to weekly classes, not series or workshops.

HOW TO PREPARE FOR CLASS

Wear comfortable clothes. We have yoga props you can use, buy or bring your own. Before class, tell us of limitations affecting movement/health. No perfumes or scents please.

HOW TO FIND US

We're in the heart of downtown Hillsboro 1/2 block east of the county courthouse, close to the downtown MAX stations and near the corner of 2nd & Main in the Weil Arcade off Main. There's lots of nearby parking.

MEET THE TEACHERS

Brant Rogers, MS, RYT: MBSR Instructor & Registered Yoga Teacher (RYT 500) ~ making practice relevant.

Marie Pielage, PT: Licensed Physical Therapist ~ offering yoga for those in recovery from injury or illness.

Laurie Bass: Black Belt Nia Teacher ~ sharing a passion for Nia and Yoga for healing and wellness.

FILL OUT THIS FORM, CLIP AND INCLUDE YOUR PAYMENT

Name: _____

Address: _____

_____ ZIP _____

Phone Number: _____

Email Address: _____

Classes: _____ Days/Times _____

Classes: _____ Days/Times _____

Today's Date _____ Pmt \$ _____ cash check

* Note all injuries/limitations affecting health/movement:

Who told you about us? _____