

YOGA HILLSBORO & THE STRESS REDUCTION CLINIC

OUR STUDENTS SPEAK THEIR MINDS

We ask our students to share their experience of learning MBSR, yoga and Nia here. This is some of what they write:

About healthcare:

"MBSR has the potential to change the face of healthcare." – Physician, MBSR program graduate

"Gentle yoga is an essential supplement to physical therapy. I'm learning proper body mechanics for moving through life." – Andrea, yoga student

"It would be worth going through chemo again to find this." – E.D., yoga student and cancer survivor

"(Yoga is) A cure for hiccups (down dog!), relaxation, strengthening, peace." – Brenda, yoga student

"(Yoga is) Freedom from migraines." – Vivienne, yoga student

"Our initial pleasant surprise was in the overall sense of physical well being . . . relief from muscle ache, eased sore joints, increased flexibility. For years we both experienced planar fasciitis. No more!" – Bill & Carole. Retired teachers, Christmas tree growers.

About pain:

"The body aches and discomforts that the medical doctors couldn't even explain, much less fix, MBSR has alleviated." – Teacher, MBSR graduate

"I have had chronic pain for six years. Yoga teaches me to be mindful of my body so I can increase comfort and decrease pain. It provides the perfect balance of ease and challenge so that I feel as if I make progress despite my limitations." – Barb, LCSW, yoga student

"Pain has dissipated . . . full extension is now a joyful experience." – Deb, yoga student

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"Shoulder exercises have helped ease my neck pain. . ." – Jo, Retired RN

About emerging joy:

"I have a measure of control, humor, choice and joy back in my life. My situation has not changed but I have. My being is lighter." – Retired Nurse, MBSR graduate

"I have rediscovered my capacity for joy and my ability to laugh." – teacher, MBSR graduate

"One of the things I hoped to get from the course was the ability to create joy in my life. After eight weeks, I find that from time to time I am smiling to myself and almost chuckling. I'd say I found joy." – MBSR program graduate

"MBSR has helped my begin to find the joy that is already present in my life." – Liz, MBSR program graduate

"We emerge from the MBSR program like flowers in the spring: fresh and energized with inner and outer beauty." – Teresa, MBSR graduate, homemaker, business owner."

About mood:

"Yoga helped me with depression and allowed me to experience physical accomplishments that I have never imagined I could do." – Dan

About bringing things together:

"The MBSR program finally created the last piece of the triangle along with medication and counseling. It has opened my mind and soul to the possibility of truly being in touch and health with me." – Amy

About life:

". . . my first yoga class was one of the highlights of my life. . . I felt at peace. . . I can see myself as I truly am: a human capable and worthy of love and contentment. . . I now carry with me the messages of mindfulness and faith through all points of my life." – A.S. yoga student, college student

"MBSR provides an opportunity for powerful changes in perception to help us respond effectively to life." – Social Worker, LCSW, MBSR graduate

"I have a choice which can totally, radically change my life for the better or worse. I can be my best friend or I can be my worst enemy. Once makes life an ongoing struggle, the other an adventuresome journey." – Lori, homemaker, MBSR graduate

"I will accept this aspect of my life. . . Happiness is mine if I want." MBSR graduate, at-home parent

"This is a wonderful journey of learning who you are and embracing life!" – Meg, PE teacher & MBSR graduate

"Through MBSR I learned how to more fully appreciate everything that happens in life, the good and the bad." – NB, MBSR Graduate

About freedom and invincibility:

"Nia allows me the freedom to dance to a choreographed routine without having to do it the 'right' way. Nia adds energy and movement to uplift my heart and mind." – Teresa S., Nia & yoga student

"Nia was the first class I found in seven years that re-ignited my passion for exercising. I love music and the energy in the room. It's so liberating. Nia Rocks! Just so much fun! I feel like I'm clubbing instead of exercising. After class I feel invincible!" – Caz, Nia student, at home parent, physical trainer

About meditation practice:

"It's not always easy, as there is sometimes great resistance – life events have loud voices and powerful brakes sometimes. But be it easily, or kicking and screaming, I will pull my life onto my cushion with me, evermore; because when I rise, my patience, my effort, has transformed into Grace." – MBSR program graduate

About pregnancy:

"it helped me greatly both during my pregnancy and again during labor. . . ." prenatal yoga student

"Yoga was a godsend during my first trimester." – Amy, yoga student

About personal strength and grace:

"I have found a reservoir of strength that I thought I had lost." – Liz, MBSR graduate

"(Yoga is) finding my inner strength. – Carole, yoga student

"I have mild cerebral palsy which affects my posture, movements and balance. Yoga Hillsboro's philosophies really work for me. There's no pressure to create the perfect pose; rather, I find my own body's alignment and balance in each pose – then endeavor to reach beyond." – Teresa S., Nia and yoga student

"Each time I leave class I'm surprised again at the ease and silkiness of my movement. I'm taller slinkier, more swivelly and my mind is somehow more alive." – Karen Holah, Nia and yoga student

"As a 61 year old . . . I am amazed in how far I've come in developing personal strength, elasticity, and balance. . . Other benefits: better sleep, stress and low back pain relief, stronger." Sue, yoga student

"It brings about body awareness in a way I've never thought about before, and as a result, my posture has improved as well as a sense of well-being in my body." – Harlene, Retired RN

About time:

Weeks don't fly by now – I'm living each moment of each day. There is an incredible smoothness to my life." – MBSR graduate

"(yoga is) Something I wish I'd started decades ago." – Carol, yoga student

About thanks:

"I've learned that mindfulness has a companion, 'gratefulness.' When I am present to the moment, I am profoundly grateful for this most precious gift of life." – JW, MBSR graduate

About work:

"Mindfulness can bring joy to an ordinary task and at the same time it can distract me from my suffering to not compound it with additional suffering." – Lori, homemaker, MBSR graduate

About learning mindfulness:

"The thing about healthy, happy children is they manage to bring the same level of attention to their lives as the MBSR Program is trying to teach us to bring to our lives." – Gentleman Farmer

About acceptance and letting go:

"The MBSR training is so simple; it's really about tuning in and listening – about letting the anxiety, ruminations, and distractions pass in order to focus on the experience of being." – business owner, MBSR graduate

After this program I feel as if I can have things happen to me but not necessarily react to them as I normally would." – Annie, student, MBSR graduate"

"Taking the MBSR class helped me to 'lighten my load' both emotionally and physically." – Debra, MBSR graduate

"(Yoga is) Accepting my body of its capabilities and moving beyond my "limitations" – Ann, Yoga student

"The best advice I can give is for you to get out of your own way and just be." – MBSR graduate

About aging:

"I feel 10 years younger!" – teacher, MBSR graduate

"As a 61 year old . . . I am amazed in how far I've come in developing personal strength, elasticity, and balance. . . Other benefits: better sleep, back pain relief, strength." Sue, yoga student

About weighing the cost and benefits of the MBSR program:

"thought I was buyin a firefly but I got struck bu' lightnin'." – Texan, MBSR graduate

About Our Way of Teaching:

"I like the Yoga Hillsboro Studio in particular because of the individualized attention I receive from the instructor. . . It is a comfortable and nurturing atmosphere that attends to mind, body and spirit." – Barbara, yoga student

About hiking:

"While hiking in Lassen Park recently, I found myself (particularly on the steeper sections of the trail) being mindful of my body's alignment, posture, balance and breathing. This focus resulted in even more enjoyment of the experience and with less physical effort." Glen, business owner