


WORKSHOPS, SERIES, CLINICS, ETC.

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

See details on our website and to the right 

PLAYFUL YOGA WITH YOUR CHILD - 3 WEEK SERIES

Share the joy of mindful movement and enhance your relationship with your child. **Starts Sat. Sept. 18 for 3-6 YEAR OLDS, and Sat. Oct. 16 for 7-10 YEAR OLDS, 10-11 a.m. \$40 per adult/child couple.**

YOGAHOOPS INTRODUCTION NEW! PREREGISTER-10 SPOTS

Remember the fluidity and flow of motion through hooping by weaving yoga, aspects of Nia into joy. Wed. Sept. 8, 6:45pm \$10

YOGA AT THE PARK - INFORMAL, NO COST, ALL WELCOME

This will be at Bagley Park by student request. Bring your mat/blanket. Practice under the sky. Wed. Sept. 8, 5:30-6:30pm

MBSR 2: ONGOING PRACTICE FOR MBSR ALUMNI

Tuesdays, 7-8:15pm beginning Sept. 14. \$75 or drop-in \$10.

WEEKLY OPEN CLASSROOM: CONSULT WITH A TEACHER

Tuesdays, 5:30-6:45pm \$75 for 10-week term or drop-in \$10.

HEALTHY LOW BACK: YOGA THERAPY CLINIC

Soothe your back and stay healthy. Sat., Sept. 18, at 2-4 p.m. \$25.

YOGA, MOVEMENT & LOVING TOUCH WITH YOUR BABY

Offer a loving connection with your child while practicing healing biomechanical alignment and mindful movement to stay healthy and connected post-partum. Sat., Oct. 9 or Nov 13, 11:30am-12:30pm

FORUM EVENING: MINDFULNESS IN MEDICINE FILM

Showing the documentary film about mindfulness and medicine: review, discussion and practice together. Sat. Nov. 6, 6-8pm. Free

THE SLEEP WELL CLASS

Gentle postures and meditative practices that may help you sleep a bit better. CD included. All welcome. Sat. Nov. 6, 2-4 pm \$25

HEALTHY KNEES/ANKLES/FEET: YOGA THERAPY CLINIC

Learn a blend of yoga and therapeutic exercises for your feet. Taught by a licensed PT. Sat., Oct. 2, at 1-3 p.m. \$25.

HAPPY HEALTHY HIPS: YOGA THERAPY CLINIC

Open hips, less stress, more freedom. Taught by a licensed PT. Appropriate for persons who are active. Sat., Oct 9, 9-11am \$25

MBSR 8-WEEK PROGRAM

Begins Thursday, Sept. 30, 6PM. \$290 by Sept. 20

Applications available on-line or call for one.

Attend a free 2-hour MBSR Orientation Course:

- Thurs. Sept. 16, 6pm
- Thurs. Sept 23, 6pm

GRADUATES OF OUR PROGRAM REPORT IN TESTS AND IN EVALUATIONS: ♦Less pain ♦Greater ability to cope with stress ♦ Lower blood pressure ♦Decreases in physical and psychological symptoms ♦Greater ability to relax ♦More energy ♦Lighter mood ♦Feeling better

RESEARCH SHOWS MBSR HELPFUL FOR THOSE WITH:

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

SEPTEMBER 12 to NOVEMBER 20

DAY	TIME	CLASS	TEACHER
SUN	9-10AM	(NIA SERIES)	LAURIE
SUN	10:15-11:30AM	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/CHAIR	BRANT
TUES	4:00-5:15PM	GENTLE YOGA	MARIE
TUES	5:30-6:45PM	BEGINNING YOGA	MARIE
TUES	5:30-6:45PM	OPEN CLASSROOM	BRANT
TUES	7:00-8:15PM	GENTLE YOGA	MARIE
TUES	7:00-8:15PM	MBSR 2: ALUMNI CLASS	BRANT
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	6:00-8:30PM	(MBSR 8-WEEK SERIES)	BRANT
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	9AM-5PM	WORKSHOPS SEE SCHED.	BRANT

THE NIA TECHNIQUE



NIA WEEKLY CLASSES: ENERGIZING, HEALING, JOYFUL

\$90 FOR OUR 10-WEEK SERIES OR \$10 DROP IN. See Schedule.

THE NIA TECHNIQUE SPECIAL 3-WEEK SERIES DURING BREAK

Starting Sun. Aug 22 at 9am or Wed, Aug. 25 at 5:30pm \$25

THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO

HEALTHCARE NEWS & COMMENTARY

"AN AFFORDABLE, PROFESSIONAL COMPLEMENT TO MEDICAL CARE AND THERAPY FOR ORDINARY PEOPLE LIKE YOU AND ME" FALL 2010

DR. OZ TALKS MINDFULNESS & CHRONIC PAIN

Recently the well-known Dr Oz wrote about the effectiveness of mind/body techniques for relieving chronic pain. He outlined a lot of what we teach here; chronic pain is real, stress and worry about it boosts stress hormones making it worse. De-stressing with mindfulness and yoga dials back stress hormones, reducing the experience of pain. Dr. Oz cites a recent study done at the University of North Carolina that showed people who practiced mindfulness meditation for 20 minutes a day had better pain tolerance in just four days. We find similar results especially in our MBSR Program; stress levels dropping 35%. Well over 50% with chronic pain who take the course find a reduction in the frequency and severity of pain.

FORUM EVENING: MINDFULNESS IN MEDICINE FILM

We introduce our Forum Evening Course this fall with the documentary film, *Widening the Circle*, about mindfulness in medicine. Saturday evening Nov. 6, 6 – 8pm. Free.

WEEKLY OPEN CLASSROOM CONSULTATIONS

Tuesday evenings 5:30 – 6:45 A teacher will be here to consult on any aspect of your practice: therapy, posture, balance, mindfulness, etc. Register for the term, drop-in, or make up for other classes you missed.

INSOMNIA, MINDFULNESS & SLEEP DRUGS

10% of us suffer chronic insomnia. Usual medical treatment is some form of pharmaceutical even though changes in living habits have proven helpful. Dr. Mary Jo Kreitzer at the University of Minnesota has reviewed and recently reported preliminary research that shows mindfulness meditation is as effective as the sleep aid Lunesta in promoting sleep. An added benefit of the mindfulness practice is that there are none of the side-effects of sleep drugs. See our *SLEEP WELL* course this term.

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

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

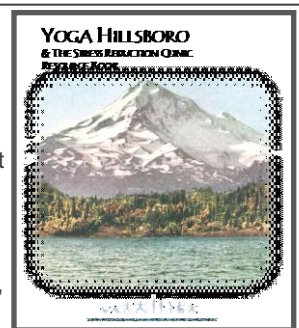
We're in the heart of downtown Hillsboro 1/2 block east of the county courthouse, close to the downtown MAX stations and near the corner of 2nd & Main in the Weil Arcade off Main. There's lots of nearby parking.

FAMILY YOGA & YOGA WITH YOUR BABY

The benefits of a thoughtful yoga practice don't stop when we leave the studio door. People close to us begin to notice, become interested and then come with us to class. You might have noticed that family members often share classes here: husbands and wives, parent and child, brothers and sisters, expectant parents, and more. Some families now have three generations who have attended. We recently offered a *Mindful Parenting* class taught with Dr. Marieka Miller. We continue to expand this theme and now will offer regular classes for parents (or other caregiver) and their child with a 3-week series *PLAYFUL FAMILY YOGA WITH YOUR CHILD*. Also, Melissa and Brant will teach *YOGA WITH YOUR BABY*.

Book and CD Release

The *Yoga Hillsboro Resource Book* and two complementary CD's are now available. We took care to outline our way of teaching to help Students find ways of practicing that honor physical limitations but enhance their unique strengths. The book includes 50-some photographs of modified postures, discussion of the ways of practicing, appendices of theme articles workshop details and mindfulness meditation research. The CD's are recordings of live classes with tracks for each portion of the class: *Beginning Mindful Hatha Yoga* with Brant, *Gentle Yoga* with Marie.



MBSR 2 CONTINUES

Tuesdays from 7-8:15pm Continue to practice with others. Weekly themes encourage the practices you learned in the 8-Week Program. Register for the term, drop-in or make up classes you've missed here.

MEET YOUR 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.
Melissa Hills, BS ~ Early Childhood Educator ~ strengthening parent/ child relationships through these practices.

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? _____