

WINTER TERM WORKSHOPS, SERIES, ETC.

YOGA THERAPY CLINICS: \$30

- * Healing Silence - Sun. Jan. 1, noon-3pm
- * Fibromyalgia/Pain - Sat. Jan. 14, 2-4pm
- * Core Stability - Sat. Jan. 21, 2-4pm
- * Parent/Infant Mass. - Sat. Jan. 28, 2-4pm
- * Women's Health - Sat. Feb. 11, 2-4pm
- * Neck/Shoulders - Sat. March 3, 2-4pm

CHART YOUR PATH TO TEACH YOGA

Learn how you might begin sharing this practice. Sat. Feb. 18, 2-4pm \$30.

MBSR 2. Discussion, reflection, new research, share practice with other MBSR alumni. Sun. Jan 22, 1-3:30pm \$30.

BLISS, HEROISM, HEALING: MINDFULNESS & YOGA Forum Evening. March 3, 6-8pm.

MELT METHOD: HANDS/FEET

Self-care Hands/Feet. Sun. Feb. 5, 1-2:30pm or Wed., Feb. 8, 7-8:30pm \$20.

PARENT WITH CHILD CLASSES: Share Joy

- ◆ Parent/Infant Massage Clinic Saturday Jan. 28th from 2-4pm. Even for prenatal students.

THE NIA TECHNIQUE

- > 10 WEEK SERIES - \$90 or \$10 drop in.
- > INTRO TO NIA FREE! WED. DEC. 28, 5:30 - 7PM



MBSR 8-WEEK PROGRAM

BEGINS THURSDAY, JAN. 19 AT 6PM. \$290 BY JAN. 12
ATTEND A FREE 2-HOUR MBSR ORIENTATION COURSE:

Thurs. Jan. 5 at 6pm or Thurs. Jan 12 at 6pm

GRADUATES OF OUR PROGRAM REPORT:

- > Less pain > Less stress > Fewer symptoms
- > More relaxed > More energy > Lighter mood

RESEARCH SHOWS MBSR HELPFUL FOR THOSE WITH:

- > Work/family stress > Chronic pain/illness
- > Insomnia > Anxiety > High blood pressure
- > Fibromyalgia > Headaches > Fatigue > More

WINTER TERM WEEKLY CLASSES JAN. 1-MARCH 10

DAY	TIME	CLASS	WITH
SUN	9-10AM	(NIA SERIES)	LAURIE
SUN	10:15-11:30	BEG./INTER.YOGA	LAURIE
MON	12:05-12:55PM	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	4:00-5:15PM	GENTLE YOGA	MARIE
TUES	5:30-6:45PM	BEGINNING YOGA	MARIE
TUES	5:30-6:45PM	PRENATAL YOGA	MELISSA
TUES	7:00-8:15PM	GENTLE YOGA	MARIE
WED	10:30-11:45	GENTLE YOGA	BRANT
WED	12:05-12:55PM	BEGINNING YOGA	BRANT
WED	5:30-6:30PM	(NIA SERIES)	LAURIE
WED	5:30-6:45PM	INTERMEDIATE YOGA	BRANT
WED	7-8:15PM	BEG./INTER.YOGA	BRANT
THUR	2-3PM	ADAPTIVE CHAIR YOGA	BRANT
THUR	5:30-6:45PM	BEGINNING YOGA	MARIE
THUR	6-8:30PM	MBSR COURSE	BRANT
THUR	7:00-8:15PM	GENTLE YOGA	MARIE
SAT	8:30-9:45AM	INTERMEDIATE YOGA	BRANT
SAT	10-11:15AM	BEGINNING YOGA	BRANT
SAT	10-11:15AM	PRENATAL YOGA NEW!	MELISSA
SAT	2-4pm	THERAPY CLINICS	VARIOUS

(NO CLASSES: DEC. 18 - DEC. 31)

**WINTER 2012
JAN. 1 - MARCH 10**

- * STRESS REDUCTION (MBSR)
- * PARENT/INFANT MASSAGE
- * HEALING SILENCE CLINIC
- * LEARN TO TEACH YOGA
- * FIBROMYALGIA/PAIN
- * HANDS & FEET CARE
- * CORE STABILITY
- * WOMEN'S HEALTH

PLEASE - Let us know if you want to be removed from the mailing list! Thank's! Call 503 640-6006 or email info@yogahillsboro.com

THE STRESS REDUCTION CLINIC
@ YOGA HILLSBORO
232 NE Lincoln, Suite O
Hillsboro, OR 97124

THE STRESS REDUCTION CLINIC

THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO

CLASS SCHEDULE NEWS & EVENTS

A SKILLED, PROFESSIONAL COMPLEMENT TO MEDICAL CARE & THERAPY

WINTER 2012

MBSR 4-YEAR SURVEY RESULTS AT NATIONAL CONFERENCE COOPERATING WITH PACIFIC U.

We have been invited to present the results of the 4-Year Followup Survey of our MBSR program at this Spring's International Scientific Conference at UMass Medical School. This will help improve MBSR. Many of our MBSR alumni kindly completed the followup survey as much as 4 years after their MBSR program.

Dr. Michael Christopher at Pacific Univeristy has helped with data analysis and our MBSR teaching intern Zeynep Sunbay-Bilgen is helping prepare the presentation. We found: significant and presistant drops in levels of stress, less pain, better mood, better physical and mental health, better self-care, higher self esteme, less anxiety, and most people still practicing what they learned. All this as much as four years after students completed MBSR. We continue to summarize the results and will provide more details about this project soon. Sincerest thanks to MBSR alumni!!

REGISTRATION & ATTENDANCE ESSENTIALS

> HOW TO REGISTER

Mail or email us the registration information or arrive early to complete it before class. Pay with cash or check.

> WHAT TO PAY & HOW TO ATTEND

- * DROP IN ANY TIME - no problem, many do: \$10.
- * 10-WEEK YOGA TERM PASSES (GOOD CURRENT TERM ONLY):
One class / week = \$80. Two classes / week = \$135.
Three classes / week = \$160
- * LESS THAN 10 WEEKS? - WE PRORATE THE PASS COST FOR REMAINING WEEKS OF CURRENT TERM.
- * ONE-TO-ONE OR ONE-TO-MANY CONSULT: \$50 per hour
- * NIA, WORKSHOPS, SERIES: Priced as noted in descriptions.
- * MAKE-UP CLASSES: Miss a yoga class this term? Attend another class, send or bring a friend as your make-up. Make-ups apply to weekly classes, not series or workshops.

> HOW TO PREPARE FOR CLASS & FIND US

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. Find us in downtown Hillsboro near the county courthouse, close to the MAX stations, near 2nd & Main.

FORUM EVENING WILL SHARE WORK OF JOSEPH CAMPBELL AND RELEVANCE TO MINDFULNESS & YOGA.

Joseph Campbell was the great historian of human mythology who coined the aphorism "Follow your bliss!" when folks asked him how to live their lives. We will share some of his writing, ideas and relevance to what we teach here. March 3rd, 6-8pm FREE.

\$5 DROP-IN SPECIAL FOR FULL-TIME STUDENTS

Dear full-time students: This winter drop-in for \$5 for any weekly class. We have students from Pacific Univeristy Health Professions Campus that need a break from studying, parents want to afford to come with their school children. It just seems right to support you this way. Let's try this during Winter term.

MEET YOUR TEACHERS

BRANT ROGERS, MS, RYT, MBSR Instructor - making this relevant to daily life.
MARIE PIELAGE, Licensed Physical Therapist - yoga for injury or illness.
LAURIE BASS: Black Belt Nia Teacher - a passion for Nia and Yoga.
MELISSA HILLS, BS, CIMI® Childhood Educator - strengthening families.

FILL OUT/CLIP/ ✂ / INCLUDE YOUR PAYMENT

NAME: _____

ADDRESS: _____

ZIP: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

LIST ALL CLASSES/DAYS/TIMES REGISTERING FOR:

DATE _____ TOTAL PMT \$ _____ CASH CHECK

NOTE INJURIES/LIMITATIONS AFFECTING HEALTH/MOVEMENT

HOW DID YOU FIND US? _____