

WORKSHOPS, SERIES, ETC.

MINDFULNESS-BASED STRESS REDUCTION (MBSR)

An 8-week training to support you with the big challenges of a full life: soften reactivity, enhance compassion, be more resilient. Starts Thurs, Sept 28.

YIN YOGA with Carole on Mondays

A unique and healing, meditative form of yoga that invites ease and recuperation. Mondays; 7-8:15pm

MBSR ALUMNI EVENING

Let's practice together. Thurs Sept 14; 7-8:30pm \$15

SUNDAY NIA & YOGA CONTINUE

With Laurie. Details, dates, or to register: <http://lauriebass.com>. An 8-week series this term.

NIA & YOGA SEPT 3, DROP-IN DAY!

Laurie will offer a special Sunday **Drop-In Day** on the 3rd of September. 9am Nia & 10:15am Yoga.

MINDFUL BELLY DANCE WEDNESDAY EVENINGS

Beginning at 6:30 then **Beyond Beginning** at 7:45. Learn more: <http://www.mindfulbellydance.com>

INTRO TO NIA MOVEMENT

Introduction to the elements with Laurie on Saturday, September 9; 2-3:30pm \$15 pre-register/\$20 day of.

THE BE-WELL GATHERING: Oct 21

Meeting Illness with Courage and Kindness

A special evening for this community to share what we know about healing and staying well. Sat, Oct 21; 5-6:30pm. Free, RSVP

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM
 8-WEEK PROGRAM BEGINS THURSDAY, SEPT 28 AT 6PM. FREE ORIENTATIONS ON SAT SEPT 16 - 3PM OR THURS SEPT 21 - 6PM
 GRADUATES OF MY 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

**2017 FALL WEEKLY
 SEPT 10TH - Nov 18TH**

SUN	9-10am	NIA SERIES - Laurie Bass
	10:15-11:30am	YOGA - Laurie Bass
MON	4-5:15pm	*GENTLE MINDFUL YOGA
	5:30-6:45pm	*BEGIN. MINDFUL YOGA
	7:00-8:15pm	YIN YOGA - Carole
TUE	5:30-6:45pm	*BEGIN. MINDFUL YOGA
	7:00-8:15pm	*GENTLE MINDFUL YOGA
	10:30-11:45am	*GENTLE MINDFUL YOGA
WED	12:05-12:55pm	*BEGIN. MINDFUL YOGA
	5:30-6:45pm	*INTER. MINDFUL YOGA
	6:30-7:30pm	BEGIN. BELLYDANCE - Malkiera
	7:45-8:45	BEYOND BEGIN. BELLYDANCE
	7-8:15pm	*THERAPEUTIC BEGIN. YOGA
SAT	6-8:30pm	*MBSR TRAINING
	8:30-9:45am	*INTER. MINDFUL YOGA
	10-11:15am	*BEGIN. MINDFUL YOGA

* All of these noted classes above are with Brant Rogers. Check with other teachers websites for their dates.

BRANT'S YOGA CLASS REGISTRATION ESSENTIALS

- Check with [other teachers](#) for their dates & details
- Mail or email me the registration information or arrive early to complete it before class. Pay cash or check.
- What to Pay & How to Attend
 - **Drop in/start any time - no problem: \$10**
 - **10-Week Yoga Term Pass** (Current term only):
One class / week = \$80. Two classes / week = \$140. Three classes / week = \$165
 - **Less than 10 weeks?** - I prorate the term tuition
- **How to Prepare for Class & Find My Classrooms**
 - Wear comfortable clothes. I have yoga props you can use or bring your own. Before class, tell me of all limitations affecting your movement and health.
 - Find my classrooms in downtown Hillsboro near the county courthouse & MAX stations, near 2nd & Main.
- More at yogahillsboro.com or 503 640-6006 or info@yogahillsboro.com

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Fill out/clip/ include payment for Brant's classes

Name: _____

Address: _____

_____ ZIP _____

Phone: _____

Email: _____

LIST all Classes/Days/Times REGISTERING FOR:

Date _____ total Pmt \$ _____

Note injuries/limitations affecting health/movement:

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Skilled, professional complements for medical care, therapy and self care.
Heart-felt ways of authentic learning. For ordinary people like you and me.

The Be-Well Gathering

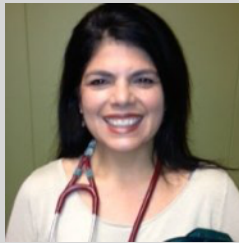
Meeting Illness with Courage & Kindness Saturday October 21st; 5-6:30pm

Forgive my thoughtlessness. This summer it dawned on me that the 2000 people in Yoga Hillsboro's student community list may want to share time with one another about the challenges, joys and successes of healing and staying well.

So . . . here we go! On a Saturday evening we will gather here. The theme at this Gathering is **Meeting Illness with Courage & Kindness.**

Bring two things: 1) a question about how how one might be able to meet and deal with a difficult diagnosis, 2) something to say about how you or someone you know met illness with courage and kindness.

We have the good fortune to have Dr. Kathy Alvarez, MD of Partners in Wellness willing to come that evening and share her experiences with us.



All welcome to this event.
Register to RSVP because there is limited space.
Saturday, October 21st; 5-6:30pm. [More online.](#)

Mindfulness Trainings & Mindful Yoga

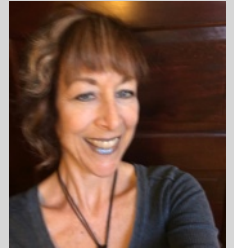
All of my classes continue. Ten each week. See the calendar and website for more. Glad for your interest! -- Brant



Yin Yoga with Carole

Mondays at 7pm

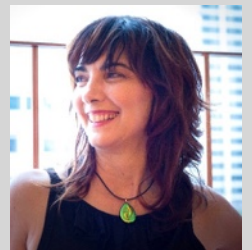
Carole Cotten-Figueiredo has been a lovely presence here for a number of years helping Laurie's Sunday classes. She's volunteered to begin teaching her own classes on a regular basis. Yin Yoga is her passion and she will be glad to share it with you this fall. Details and to register: stillness_within@yahoo.com or (971) 246-1405



Nia Classes & Yoga with Laurie

Sundays

Laurie will continue her classes on Sundays as well as a special **'Drop-In Day'** for Yoga, 9am and Nia, 10:15am on Sunday, Sept 3. Also, **Intro to Nia Movement** Saturday, Sept 9, 2-3:30pm. Details or to register: aniadiva@yahoo.com, (503) 348-2850 or www.lauriebass.com



Mindful Belly Dance Malkiera

Wednesdays

Belly Dance continues this fall on Wednesdays with **Beginning Mindful Belly Dance** at 6:30pm and for those interested in diving deeper into learning this art, **Beyond Beginning** at 7:45.

Details/to register: www.mindfulbellydance.com

