

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. **Apply for the July 6th training.** More on the website: [MBSR Summer](#)

"THERAPEUTIC FOCUS" for Wednesday Evening Yoga at 7pm

YOGA IN THE PARK!

Students have asked to practice outdoors. I will post and announce in class the dates and locations to meet outdoors for certain classes. Stay tuned!

MBSR ALUMNI EVENING

Let's practice together. Thurs, June 22; 7-8:30pm \$15

SUNDAY NIA & YOGA CONTINUE

With Laurie. Details, dates, or to register: <http://lauriebass.com>. A 6-week series this term.

BELLYDANCE CONTINUES ON WEDNESDAY EVENINGS

Details: <http://www.mindfulbellydance.com>

YOUR SATURDAY EVENING:

Meditation, Yoga & Mindful Grieving

Meeting this with kindness. Brant's book included. Preregister. Sat, July 15; 5-6:30pm. \$20

SUZUKI EARLY CHILDHOOD MUSIC

Dates, details, register: www.DaCapoSECE.com (971) 678-5562 or dacaposece@gmail.com

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM
 8-WEEK PROGRAM BEGINS THURSDAY, JULY 6 AT 6PM. FREE ORIENTATIONS ON SAT, JUNE 24 - 3PM OR THURS. JUNE 29 - 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 SUMMER WEEKLY; JUNE 18TH - AUGUST 17TH

SUN	9-10am	NIA SERIES - Laurie Bass
	10:15-11:30am	YOGA - Laurie Bass
MON	4-5:15pm	*GENTLE MINDFUL YOGA
	6:30-8:45pm	*BEGIN. MINDFUL YOGA
TUE	6:30-8:45pm	*BEGIN. MINDFUL YOGA
	7:00-8:15pm	*GENTLE MINDFUL YOGA
WED	10:30-11:45am	*GENTLE MINDFUL YOGA
	12:05-12:55pm	*BEGIN. MINDFUL YOGA
	6:30-8:45pm	*INTER. MINDFUL YOGA
	6:30-7:30pm	Bellydance Series - Malkiera
	7-8:15pm	*THERAPEUTIC BEGIN. YOGA
THU	10:30-11:30am	Suzuki Early Childhood Music
	6-8:30pm	*MBSR TRAINING
SAT	8:30-9:45am	*INTER. MINDFUL YOGA
	10-11:15am	*BEGIN. MINDFUL YOGA

NOTE: Brant's yoga classes cancelled July 24-29

* 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

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:

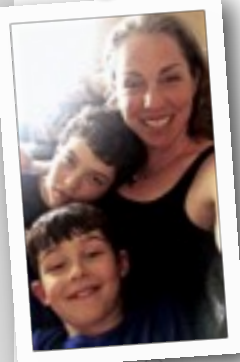
THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO

CLASS SCHEDULE NEWS & EVENTS SUMMER 2017

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

Students Share!

Over the years students have told me of the personal value of the practices they learn here. I asked them to send along a photo and/or a few sentences to share with everyone else. Here are a few of them. Find them all and their full comments on the [Facebook Page](#) or on the [Yoga Hillsboro Blog](#).



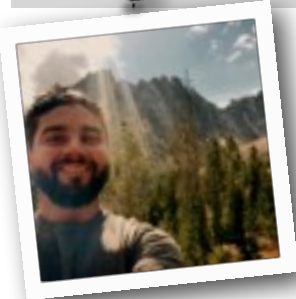
"Mom, this class is working. You're less stressed!"



"Has become a wonderful way to grow as a family."



"yoga is a very down to earth"



"Made me less reactionary in my professional and personal life."



"I have begun to feel less pain, more mobility, and more strength."



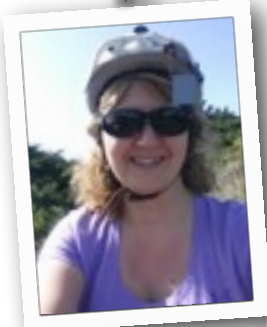
"The payoff is well worth the practice!"



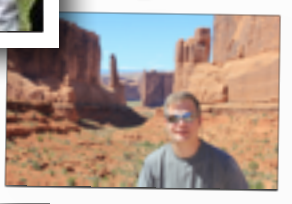
"This experience continues to enrich my life."



"Allowed me to breathe easier while on the track."



"A huge impact on my mental and physical well-being."



"Made a real difference in my life."



"Yoga helped me to explore and embrace"



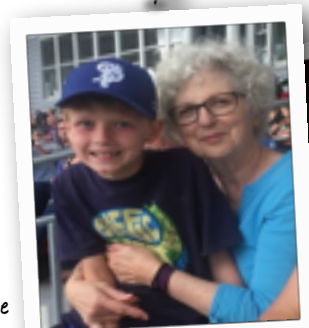
"you feel more at ease and settled inside."



"Warrior on Machu Picchu."



"Yoga at the drag-strip. Helps us climb into the cabs!"



"People telling me to take yoga!"



"Yoga has taught me to breathe."



"I connected to my awareness through breath and said hello to stillness, for the first time."