

WORKSHOPS, SERIES, ETC.

**NEW YEAR'S DAY RETREAT:
TOWARD A FIERCE KINDNESS**

Offer a kind, open, unyielding presence to the challenges and joys ahead together here; practice, contemplation, readings, restoration. With Brant. Sun, Jan 1st; 9am-Noon. \$20

PRENATAL MINDFUL YOGA

With Brant. Sat, 11:30 - 12:45pm. \$80 or drop in.

FREE FIRST WEDNESDAY

Jan 4th, all classes listed, all day. Free

MORNING MEDITATIONS

With Brant. Sun & Wed, 7 - 8am. No tuition

MBSR ALUMNI EVENING

Practice together. Thur, Jan 12; 7 - 8:30pm \$15

INAUGURATION VIGIL

Offer a dignified, open-handed, open-hearted, open-minded active presence toward unfolding public life. With Brant. Fri, Jan 20th; 7-8pm. No tuition

SUNDAY NIA & YOGA CONTINUE

Laurie's class details: <http://www.lauriebass.com>. 8-week series this term, Jan 8 - Feb 26. \$80 each.

BELLYDANCE CONTINUES

Malkiera's class details, dates: [Link](#)

SUZUKI EARLY CHILDHOOD MUSIC

Details, dates: www.DaCapoSECE.com

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

WINTER 8-WEEK PROGRAM BEGINS THURSDAY, JAN 26 AT 6PM. FREE ORIENTATIONS ON SAT. JAN 14 - 2PM OR THURS. JAN 19 - 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

WINTER WEEKLY; JAN 8TH - MARCH 18TH

SUN	7:00-8:00am	*MORNING MEDITATION
	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
TUE	5:30-6:45pm	*BEGIN MINDFUL YOGA
	7:00-8:15pm	*GENTLE MINDFUL YOGA
WED	7:00-8:00am	*MORNING MEDITATION
	10:30-11:45am	*GENTLE MINDFUL YOGA
	12:05-12:55pm	*BEGIN MINDFUL YOGA
	5:30-6:45pm	*INTER. MINDFUL YOGA
	6:30-7:30pm	Bellydance Series - Malkiera
THU	7-8:15pm	*BEG./INTER. MINDFUL YOGA
	10:30-11:30am	Suzuki Early Childhood Music
SAT	6-8:30pm	*MBSR PROGRAM
	8:30-9:45am	*INTER. MINDFUL YOGA
	10-11:15am	*BEGIN MINDFUL YOGA
	11:30-12:45pm	*PRENATAL MINDFUL YOGA

* These classes taught by Brant Rogers. Check with other teachers for their dates

BRANT'S YOGA CLASS REGISTRATION ESSENTIALS

- Check with **other teachers** for their dates & details
- Mail or email me registration information or arrive early to complete before class.
- 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 pass cost for remaining weeks of current term.
 - Make-Up Classes: Miss a yoga class this term? Attend another of my classes, send or bring a friend as your make-up during the current term only.
- 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.
- 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 Classes/Workshops/Events/Days/Times you intend:

Date _____ total Pmt \$ _____

Note injuries/limitations affecting health/movement:

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THE STRESS REDUCTION CLINIC @ YOGA HILLSBORO

CLASS SCHEDULE NEWS & EVENTS WINTER 2017

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

Welcoming a year of challenges openly, steadily.



Nia Classes & Sunday Yoga

Laurie Bass

**Black Belt Nia Teacher
& Teacher Trainer**

Details or to register: aniadiva@yahoo.com,
(503) 348-2850 or www.lauriebass.com

PRENATAL MINDFUL YOGA

New - Brant gets calls often for prenatal classes. Now Sat; 11:30am

Mindfulness- Based Stress Reduction (MBSR) & Mindful Yoga



Brant Rogers ERYT500

Certified MBSR Instructor

Details or to register: 503 640-6006

www.yogahillsboro.com
info@yogahillsboro.com

TOWARD A FIERCE KINDNESS: NEW YEAR'S DAY RETREAT

With all the change in the air I welcome you to share the first day of the year in the spirit of a fierce kindness toward yourself and those near. -- Brant

Suzuki Early Childhood Music Education

**Karen Huffman
& Christine Goodner**

Details or to register:
www.DaCapoSECE.com
(971) 678-5562 or
dacaposece@gmail.com

INAUGURATION VIGIL

Practice a kind, vigilant, mindful & patient presence. Fri, Jan 20; 6pm

Bellydance for Mindfulness Series with Malkiera

Details or to register:
malkiera@gmail.com

FREE FIRST WEDNESDAY; JAN 4TH ALL-DAY FREE CLASSES

All day from 7am til 8:15pm the regular schedule of classes will be free. A few photos and videos taken to help share this studio.

MORNING MEDITATIONS - NEW

Share mornings: Sun & Wed; 7am