

WORKSHOPS, SERIES, ETC.

MINDFULNESS-BASED STRESS REDUCTION (MBSR): 2 Programs

An 8-week training to support you with the big challenges of a full life: soften reactivity, be more resilient. **Starts Thurs, Jan. 17th or Sat. the 19th.**

Yin Yoga; Carole, Mondays
Mondays; 7-8:15pm

NIA & YOGA; Laurie, Sundays
Nia at 9am; Yoga at 10:15am.

MINDFUL BELLY DANCE; Malkiera, Wed; 6:30- 7:45PM.

RESTORATIVE YOGA & MASSAGE WORKSHOP

Make time for a restorative yoga practice lead by [Carole](#) and [Teresa](#) with healing touch; massage, CranioSacral Therapy & Reiki techniques. Sat., Dec. 1st; 7-8:30pm. \$35.

HOLIDAY YOGA BALL (Class!)

Have some holiday fun and generous movement in this yoga ball class! Thurs., Nov. 29th; 6-7:30pm. **Holiday Pass or drop in, \$15. RSVP limited space.**

OFFERING GRATITUDE

An evening of restorative practice together encouraging gratitude. Thurs., Dec. 6th; 6-7:30pm; **Holiday Pass or drop in, \$15. RSVP limited space.**

TO BLESS WAY FORWARD: New Year's Day Retreat

Begin the year with the tangible experience of blessing the challenges and joys of the year ahead. January 1st, 9am - noon.

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM
8-WEEK PROGRAM BEGINS THURSDAY, JAN 17TH; 6PM OR 19TH; 2PM. FREE ORIENTATIONS: SAT JAN 12 - 2PM OR THURS JAN 10 - 6PM
GRADUATES OF MY PROGRAM REPORT:
> Less pain > Less stress
> Fewer symptoms > More relaxed
> More energy > Lighter mood

All-Class Holiday Pass, \$25! All teachers



HOLIDAY TERM
November 25th - December 15th

SUN	9-10am	NIA SERIES - Laurie Bass
	10:15-11:30am	YOGA - Laurie Bass
MON	6:30-8:45pm	*BEGIN. MINDFUL YOGA
	7:00-8:15pm	YIN YOGA - Carole
TUE	6:30-8:45pm	*BEGIN. MINDFUL YOGA
	7:00-8:15pm	*GENTLE MINDFUL YOGA
	10:30-11:45am	*GENTLE MINDFUL YOGA
WED	6:30-8:45pm	*INTER. MINDFUL YOGA
	6:30-7:30pm	BELLYDANCE - Malkiera
	7-8:15pm	* BEGIN. MINDFUL YOGA
TH	6-7:30pm	*SPECIAL EVES - SEE SCHEDULE
SAT	8:30-9:45am	*INTER. MINDFUL YOGA
	10-11:15am	*BEGIN. MINDFUL YOGA



*** NOTE:** All of these classes note above are with Brant Rogers.

HOLIDAY REGISTRATION ESSENTIALS; NOV & DEC

- Check with [other teachers](#) for their dates & details.
- Mail or email the registration information or arrive early to complete it before class. Pay cash or check.
- What to Pay & How to Attend; Nov. & Dec classes only
 - Drop in/start any time; \$12 – no problem, many do
 - ALL CLASS HOLIDAY PASS; All Teachers, \$25
 - Make-Up Classes: No make-up classes this term.
- All-Class Holiday Passes are not transferable
- How to Prepare for Class & Find the Classrooms
 - Wear comfortable clothes. There are yoga props you can use or bring your own. Before class, tell your teacher of all limitations affecting your health.
 - Find 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 Classes/Days/Times to RSVP:

Date _____ total Pmt \$ _____

Note injuries/limitations affecting health/movement:

THE STRESS REDUCTION CLINIC CLASS SCHEDULE

YOGA HILLSBORO NEWS & EVENTS HOLIDAY 2018

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

All-Class Holiday Pass - All Teachers; \$25, Nov & Dec
Just register with your teacher and then the pass is good for all teachers' classes!

Holiday Yoga Ball!

Back by popular demand to help unravel and add a dose of fun! Thurs., Nov. 29th; 6-7:15pm. **Holiday Pass** or drop in, \$15 **RSVP**



All-Class Holiday Pass!

Nia Classes

& Yoga with Laurie

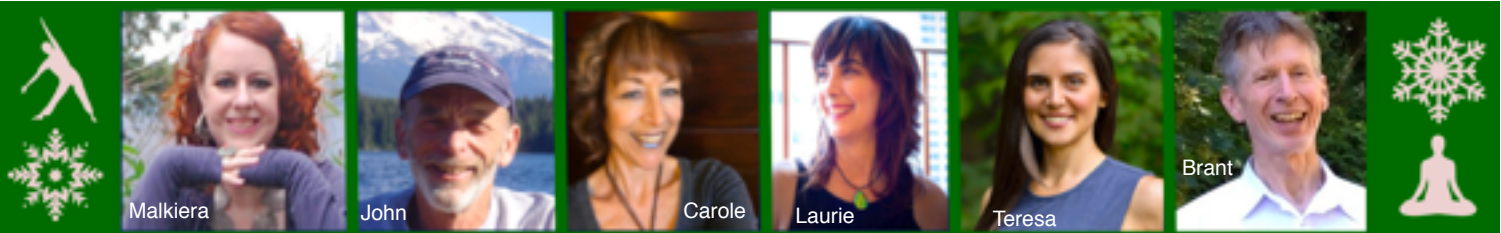
Sundays; Nia at 9 & Yoga @10:15am
(503) 348-2850 or www.lauriebass.com

Offering Gratitude

An evening of restorative practice together encouraging gratitude. Thurs., Dec. 6th; 6-7:30pm; **Holiday Pass** or drop in, \$15

Mindful Yoga with Brant

8 classes a week; gentle, beginning, & intermediat



Wishing you, those near you, and those far away all peace, joy, & loving acceptance this season. Hope to see you!

Restorative Yoga & Massage Workshop

Make time for a restorative yoga practice lead by [Carole](#) and [Teresa](#) with healing touch; massage, CranioSacral Therapy and Reiki techniques. Sat., Dec. 1st; 7-8:30pm. \$35.



Mindful Belly Dance

Malkiera

Wednesdays; 6:30-7:45pm

www.mindfulbellydance.com

All-Class Holiday Pass!

Yin Yoga with Carole

Mondays at 7pm

stillness_within@yahoo.com or (971) 246-1405

All-Class Holiday Pass!

New Year's Day Retreat

TO BLESS THE WAY FORWARD: Share January 1st as we bless the way forward together; contemplative practice, mindful movement, reflection, and more.