

SCHEDULED 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.**

TO BLESS WAY FORWARD: New Year's Day Retreat

Shared experience of blessing the challenges and joys of the year ahead. Jan. 1st, 9am - noon. \$20. **RSVP**

NEW YEAR'S EVE VIGIL: Reverence

Reverence for what is, what has occurred this year, and what you'll offer the year to come. 7-9pm. \$15. **RSVP**

MBSR ALUMNI EVENING

Practice, learn & share. Mon., Jan. 7th; 7-8:30pm.

BALANCED WARRIOR MEN'S RETREAT:

Strength, Compassion, Clarity - Practice a balanced expression of manhood with other men. Jan. 20th; 9am-12:30pm. \$50. With Brant. **RSVP**

RESTORATIVE YOGA & MASSAGE WORKSHOP with Carole and Teresa;

Massage, CranioSacral Therapy & Reiki techniques. Sat., Feb. 16th; 7-8:30pm. \$35. **RSVP with Carole.**

Yin Yoga with Carole, Mondays

Mondays; 7-8:15pm

NIA & Yoga with Laurie, Sundays

Sundays, NIA 9am; Yoga 10:15am. (no class 1/20)

Mindful Bellydance with Malkiera

Wednesdays. Inter.; 6:15- 7:15. Begin; 7:30-8:30pm

Introduction to Yoga with John

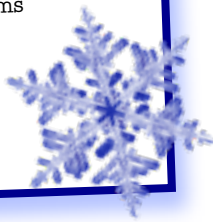
Basic elements of yoga. **Thursdays.**; 5:30-6:45pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

2 COURSES; THURSDAYS OR SATURDAYS
 JAN 17TH; 6PM OR 19TH; 2PM. **FREE ORIENTATIONS:**
 THURS. JAN 10TH - 6PM OR SAT. JAN 12TH - 2PM

GRADUATES OF MY PROGRAM REPORT:
 > Less pain > Less stress > Fewer symptoms
 > More relaxed > More energy > Lighter mood

RESEARCH SHOWS MBSR HELPFUL FOR:
 > Work/family stress > Chronic pain/illness
 > Insomnia > Anxiety > High blood pressure
 > Fibromyalgia > Headaches > Fatigue > More



WINTER TERM

WEEKLY CLASSES January 6th - March 17th

| | | |
|-----|---------------|------------------------------|
| SUN | 9-10am | NIA SERIES - Laurie Bass |
| | 10:15-11:30am | YOGA - Laurie Bass |
| MON | 8:30-8:45pm | *BEGIN. MINDFUL YOGA |
| | 7:00-8:15pm | YIN YOGA - Carole |
| TUE | 8:30-8:45pm | *BEGIN. MINDFUL YOGA |
| | 7:00-8:15pm | *GENTLE MINDFUL YOGA |
| WED | 10:30-11:45am | *GENTLE MINDFUL YOGA |
| | 8:30-8:45pm | *INTER. MINDFUL YOGA |
| | 6:15-7:15 | INTER. BELLYDANCE - Malkiera |
| | 7:30-8:30 | BEGIN. BELLYDANCE - Malkiera |
| TH | 7-8:15pm | *BEGIN. MINDFUL YOGA |
| | 8:30-8:45pm | INTRODUCTION TO YOGA - John |
| SAT | 6-7:30pm | *MBSR Course |
| | 8:30-9:45am | *INTER. MINDFUL YOGA |
| | 10-11:15am | *BEGIN. MINDFUL YOGA |
| | 2-4:30pm | *MBSR Course |

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

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: \$12
 - 10-Week Yoga Term Pass (Current term only):
 One class / week = \$90. Two classes / week = \$145.
 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 Classes/Days/Times to RSVP:

Date _____ total Pmt \$ _____

Note injuries/limitations affecting health/movement:

THE STRESS REDUCTION CLINIC YOGA HILLSBORO

CLASS SCHEDULE NEWS & EVENTS WINTER 2019

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

Balanced Warrior Men's Retreat: Strength, Compassion, Clarity

Share a balanced experience of manhood: masculinity meeting compassion, clarity of purpose, emotional & physical strength. Sun. Jan. 20th; 9am-12:30pm. \$50 With Brant. **RSVP**



To Bless the Way Forward: New Year's Half-Day Retreat

Blessing is an rich and worthy of meeting the world though overlooked these days. Share New Year's morning; 9 to noon. \$20. With Brant. **RSVP**

New Year's Eve Vigil: Reverence

Share early New Year's eve with reverence for what has occurred this year, what you'll offer the year to come, and what is before you right now. 7-9pm. \$15. With Brant. **RSVP**

Nia & Yoga with Laurie

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

MBSR Alumni Evening

Alumni have a chance to practice, learn & share with one another. Mon, Jan 7; 7-8:30pm. \$15

Yin Yoga with Carole

Mondays at 7pm
stillness_within@yahoo.com or (971) 246-1405

Mindful Family Practice

Come and share playful exploration and elements of mindfulness practice with your family. Children 8 and up. By request from parents. Sunday afternoons TBA. **Reach out to Brant** for details.

Mindful Yoga with Brant

8 classes each week; gentle, begin., & inter.

Bellydance with Malkiera

Wednesdays; 6:30-7:45pm
www.mindfulbellydance.com

Restorative Yoga & Massage Workshop

Lead by Carole and Teresa with healing touch; massage, CranioSacral Therapy and Reiki techniques. Sat., Feb. 16th; 7-8:30pm. **RSVP**



Intro to Yoga with John

Thursday evenings; 5:30-6:45
john.mcginity@yogabodyandbreath.com

Adaptive Yoga Sunday Afternoons

Yoga in a chair, wheelchair, walker otherwise adapted for you in particular; periodic Sunday afternoons. TBA. **Reach out to Brant** for details.

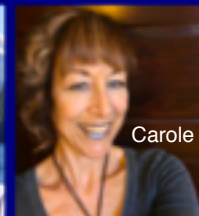
Skilled,
professional
teachers.
Authentic
learning.



Malkiera



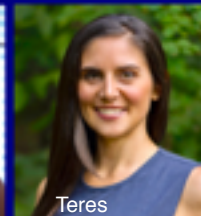
John



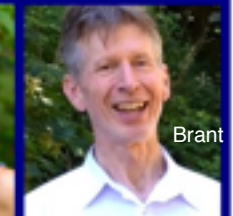
Carole



Laurie



Teres



Brant