



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, April 11th or Sat. April 13th.

SHARING WHAT WE LOVE: 15th Year Anniversary Celebration

Come and share, learn, and enjoy; art, music, work working, photography, weaving, song, poetry & more.

MINDFUL RESTORATIVE & THERAPEUTIC BEGINNING YOGA

Enhance self-care on Wednesday evenings at 7pm.

MBSR ALUMNI EVENING RETREAT

Practice, learn & share. Sat. March 30; 4-7:30pm

HISTORY OF MANKIND: BOOK CLUB

Come and join us. Saturday April 27th; 5-6:30pm

RESTORATIVE YOGA & MASSAGE WORKSHOP with Carole and Teresa;

Massage, CranioSacral Therapy & Reiki techniques.

Date TBA. For details contact Carole.

Yin Yoga with Carole, Mondays

Kind, generous, and sensitive flow; 7-8:15pm

NIA & Yoga with Laurie, Sundays

Lively and lovely practices, Nia 9am; Yoga 10:15am.

Mindful Bellydance with Malkiera

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

Introduction to Yoga &

Recovery Yoga with John

Thursdays; 5:30-6:45pm & 7-8:15pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

2 COURSES; THURSDAYS OR SATURDAYS

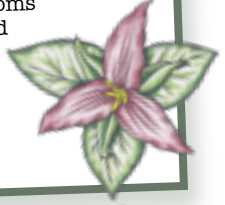
APRIL 11TH; 6PM OR 13TH; 2PM. FREE ORIENTATIONS: THURS. APRIL 4TH - 6PM OR SAT. APRIL 6TH - 2PM

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



2019 SPRING TERM WEEKLY MARCH 25TH - JUNE 1ST

MON	5:30-6:45pm	* BEGIN. MINDFUL YOGA
	7:00-8:15pm	YIN YOGA - Carole
TUE	8:30am-3pm	* LIFE COACHING / CONSULTING
	5:30-6:45pm	* BEGIN. MINDFUL YOGA
WED	7:00-8:15pm	* GENTLE MINDFUL YOGA
	10:30-11:45am	* GENTLE MINDFUL YOGA
THU	5:30-6:45pm	* INTER. MINDFUL YOGA
	6:15-7:15pm	INTER. BELLYDANCE - Malkiera
FRI	7-8:15pm	* MINDFUL YOGA; Restorative
	7:30-8:30pm	BEYOND BEG. BELLYDANCE - M
SAT	8:30am-3pm	* LIFE COACHING / CONSULTING
	6-8:30pm	* MBSR COURSE
SUN	8:30-6:45pm	INTRODUCTION TO YOGA - John
	7-8:15PM	RECOVERY YOGA - John
SU	8:30-9:45am	* INTER. MINDFUL YOGA
	10-11:15am	* BEGIN. MINDFUL YOGA
SU	2-4:30pm	* MBSR COURSE
	9-10am	NIA SERIES - Laurie Bass
SU	10:15-11:30am	YOGA - Laurie Bass

* NOTE these classes 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

SPRING 2019

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

SHARING WHAT WE LOVE: 15th Anniversary Celebration

We've been here 15 years! Come and share, learn, and enjoy. There will be art, music, work working, photography, weaving, song, poetry and more: an upstairs gallery and downstairs gallery and stage. Stop in or linger. Saturday, March 23rd; 3-7:30pm

Intro to Yoga & Recovery Yoga with John

Thursday evenings; 5:30-6:45 & 7pm

MBSR Alumni Evening Retreat

Over and over MBSR alumni have asked for a retreat-style gathering with others who have begun practice. So . . . I've put this together for you on a Saturday evening; March 30th: 4-7:30pm. See you here! **RSVP**

Mindful Yoga with Brant

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

Book Club - A Brief History of Mankind

On Saturday evening, April 27th; 5-6:30pm. Share this book and some of our human story. **RSVP**

Bellydance with Malkiera

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

Mindfulness-Based Stress Reduction (MBSR) 2 Programs

Thursday April 11th & Sat. April 13th

Mindfulness-Based Resilience & Life Coaching/Consulting

My Resilience & Life Coaching will support you in direct and tangible ways with experiential learning designed to move you or your group effectively toward intentions in life, relationships, and work. **Reach out to Brant** for a courtesy consultation.

Nia & Yoga with Laurie

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

Restorative Yoga & Massage Workshop

Lead by [Carole](#) and [Teresa](#) with healing touch; massage, CranioSacral Therapy and Reiki techniques. **Date TBA. For details contact Carole.**



Yin Yoga with Carole

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

Mindful Restorative & Therapeutic Yoga, Wednesdays

Mindful yoga inviting a practice of kind and restful self-care. Each Wednesday at 7pm.

Skilled,
professional
teachers.
Authentic
learning.

