



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, July 11th or Sat. July 13th.

BLESS SUMMER: 1/2 Day Retreat

Share the morning. Sunday, June 30; 9am-Noon.

MINDFUL FAMILY PRACTICE: NEW!

Move, Share, Create & Be Still Together

Every other week. Starts June 23; 4pm. Preregister

MBSR - Alumni Evening Retreat

Practice, learn & share. Sat. June 29; 4-7pm

DROP-IN WEDNESDAY: During Break. NEW!

June 12; 10:30am, 5:30 & 7pm. See you here!!

MINDFUL RESTORATIVE & THERAPEUTIC BEGINNING YOGA

Enhance self-care on Wednesday evenings at 7pm.

OLIVER SACKS; Book Club NEW!

Come share your Oliver book. Sat. Aug. 3rd; 5-6:30pm

RESTORATIVE YOGA & MASSAGE

WORKSHOP with Carole and Teresa;

Aug 24; 7-8:30pm. To register 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

Wednesdays. Starts June 26; 7-8pm

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

2 COURSES; THURSDAYS OR SATURDAYS

JULY 11TH; 6PM OR 13TH; 2PM. FREE ORIENTATIONS:

THURS. JUNE 27TH - 6PM OR SAT. JULY 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 SUMMER TERM WEEKLY

JUNE 23 - SEPTEMBER 1

Table with columns for days of the week (SU, MON, TUE, WED, TH, SAT) and times, listing various yoga and wellness classes such as NIA SERIES, YOGA, FAMILY PRACTICE, GENTLE MINDFUL YOGA, BEGIN. MINDFUL YOGA, LIFE COACHING/CONSULTING, INTER. MINDFUL YOGA, MINDFUL YOGA, MINDFUL BELLYDANCE, and MBSR COURSE.

* NOTE: these 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
- 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: _____

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

Mindfulness-Based Stress Reduction (MBSR)

Two programs will be taught this summer: starting Thursday July 11th or Saturday July 13th. **FREE** Orientations, Sat. June 27; 2pm & Thurs. July 6; 6pm. [Details](#)

MBSR Alumni Evening Retreat

Share your practice. Sat. June 29; 4-7pm. [Details](#)

Mindfulness-Based Resilience & Life Coaching/Consulting

Experiential learning designed to move you or your group effectively toward your intentions in life, relationships, and work. [Reach out](#) for a courtesy consultation. [Details](#)

Nia & Yoga with Laurie

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

FREE! -- Free Sunday Classes June 9th
 Nia at 9 and Yoga at 10:15 [Details](#)

Drop-in Wednesday - Between Terms - Wednesday, June 12th

Gentle Mindful Yoga; 10:30am, Beginning/Intermediate Mindful Yoga; 5:30pm, Mindful Restorative & Therapeutic; 7pm. [Details](#)

Mindful Yoga with Brant

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

Mindful Family Practice: Move, Share, Create & Be Still Together. NEW! Starts June 23

Playful exploration and elements of mindfulness practice with your family; movement, laughter, stillness, affirmation. Parents and relatives with children 8 and up. **Preregister Only.** [Details](#)

Bellydance with Malkiera

Wednesdays; 7-8pm
www.mindfulbellydance.com

Restorative Yoga & Massage Workshop

Lead by [Carole](#) and [Teresa](#); massage, CranioSacral Therapy and Reiki techniques. **August 24th; 7-8:30pm.** [Details](#)



Bless Summer: The Half-Day Retreat NEW!

Sun. June 30; 9-Noon. [Details](#)

Yin Yoga with Carole

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

Oliver Sacks - Summer Book Club NEW!

Come share your favorite book by this renowned neurologist. August 3; 5-6:30pm [Details](#)

Skilled, professional teachers. Authentic learning.

