



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. Oct. 3rd or Sat. Oct. 5th.

HOW WE LOVE: Afternoon Retreat Share, practice, learn. Sunday, Sept. 15th; 2-5pm.

ADAPTIVE YOGA IN A CHAIR NEW!

Joyful movement for those with limited mobility; walkers, wheelchairs, etc. Sun. Sept. 22nd; 5-6:30pm

MBSR - Alumni Evening Retreat

Practice, learn & share. Sat. Sept. 21st; 7pm

TOWARD HEALING & WELLNESS:

Mind, Body, Nutrition, Medicine, Farm NEW!

Learn more about caring for yourself and others with a doctor, nutritionist, local farmer. Sat. Oct. 5th; 5:30-7, Free & RSVP

MINDFUL FAMILY PRACTICE: NEW!

Move, Share, Create & Be Still Together

Drop in on Sunday, Oct. 13th ; 4pm. RSVP

RESTORATIVE YOGA & MASSAGE

WORKSHOP with Carole and Teresa;

Nov. 2nd; 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

MINDFULNESS-BASED STRESS REDUCTION (MBSR) PROGRAM

2 COURSES; THURSDAYS OR SATURDAYS OCT. 3RD, 6PM OR 5TH; 2PM. FREE ORIENTATIONS: THURS. SEPT. 26TH - 6PM OR SAT. SEPT. 28TH - 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 FALL TERM WEEKLY SEPTEMBER 15TH - NOVEMBER 23RD

Table with 3 columns: Day, Time, and Class Name. Rows include NIA Series, Yoga, Adaptive Yoga, Family Practice, Life Coaching, 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: \_\_\_\_\_

# THE STRESS REDUCTION CLINIC & YOGA HILLSBORO

# CLASS SCHEDULE

NEWS & EVENTS

FALL 2019

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 courses this fall: starting Thursday Oct. 3rd or Saturday Oct. 5th. FREE Orientations on Thurs. Sept. 26th; 6pm & Sat. Sept 28th; 2pm; [Details](#)

## MBSR Alumni Evening Retreat

Share your practice. Sat. Sept. 21; 4-7pm. [Details](#)

## September Adaptive Yoga Sunday; 4 - 5pm, Sept. 22nd

NEW!

Many of us need wheelchairs, walkers, canes, and otherwise to help us be mobile. All of us can learn and share a joyful, adapted practice in a chair or otherwise. **RSVP - [Details](#)**.

## Nia & Yoga with Laurie

Sundays, starting Sept. 8th (before fall term)  
Nia at 9 & Yoga at 10:15am  
(503) 348-2850 or [www.lauriebass.com](http://www.lauriebass.com)

## October Mindful Family Practice: Move, Share, Create & Be Still Together: 4-5 pm, Oct. 13th

NEW!

Playful exploration and elements of mindfulness practice with your family; movement, laughter, stillness, affirmation. Parents and relatives with children. **RSVP, Drop in's welcome. [Details](#)**

## Mindful Yoga with Brant

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

## Toward Healing & Wellness: Mind, Body, Nutrition, Medicine, Farm & Community.

NEW!

Share the evening helping us appreciate and live the big picture of health and healing: Nutrition with [Kristin Kinnie, MScN](#); Medicine with [Dr. Laura Rogers](#); Sustainable local food & land with [James Brougham](#) of Sparrowhawk Farm. Brant will host. **FREE & RSVP. [Details](#)**

## HOW WE LOVE: Afternoon Retreat Listen, discuss, practice. [Details](#) Sunday, Sept. 15th; 2-5pm

## All-Levels Mindful Restorative & Therapeutic Yoga

Wednesdays; 7-8pm. [Details](#)

## Restorative Yoga & Massage Workshop

Lead by [Carole](#) and [Teresa](#); massage, CranioSacral Therapy and Reiki techniques. **November 2nd; 7-8:30pm. [Details](#)**



## Yin Yoga with Carole

Mondays at 7pm

[stillness\\_within@yahoo.com](mailto:stillness_within@yahoo.com) or (971) 246-1405

## Mindfulness-Based Resilience & Life Coaching/Consulting

For you or your group. With Brant. [Details](#)



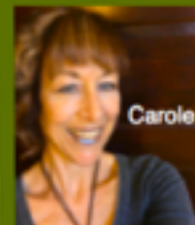
Laura



Kristin



James



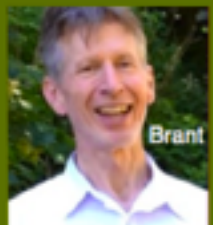
Carole



Laurie



Teresa



Brant