

deep stretch

sun 5-6:30 pm • mon 5:30-7 pm • thu 7:30-8:45 pm

drop in \$14 or use your class card

yoga, increased flexibility, reduced stress

"Thank you for all the support you provide me; your yoga class is my pathway to connection within myself".

~Nan

"Your deep stretch class is helping me a lot. I definitely want to come the whole month of August. I'm not taking a vacation this summer. Taking your class is like a mini vacation for me every Monday evening! You and Todd have cultivated a very peaceful and positive environment at your studio".

~Don

A great class for most people that would like to **increase energy & vitality, as well as increase relaxation and reduce tension** from either mental or physical overwork.

We start our yoga practice on the floor with a short meditation and basic stretches & focused breathing. Our practice also includes supported standing poses on the mat and by the wall. We end with more floor stretches which target the hips and back.

You can improve your posture and structure, and **the class will help you eliminate aches and pains**, so you can feel freer in your body.

Suited for anyone, from **athletes that want to add stretching and reduce injuries, to the beginners who have not done yoga prior**. You are encouraged to work at your own pace and comfort level. *All welcome.*

A student of yoga for almost 20 yrs, Vittoria has been teaching for over 12 yrs. Her teaching style is nurturing, non-dogmatic and empowering; her focus is healing and encouraging everyone to live our lives in joy and with health. Vittoria is also a Licensed Massage Therapist as well as a Reiki II practitioner. Visit her website for more info: www.birthwisdom.org



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