

Easy Does It Yoga

basic breathing, meditation, yoga asanas

This class has a heavy focus on breath work. We learn basic breathing practices upon which others are built and carry that awareness into other practices. **Exploring yoga asanas** (often modified), **Tibetan Qi Gong** practices, **Tibetan Tai Chi** practices, as well as a few basic dance practices, we **use the breath to concentrate and focus our attention** while working in the physical, mental, emotional, and energy bodies. **From that space we create openings where we previously held tightness.** In so doing we often create a new way to relate to our individual life experiences. We also explore **relaxation techniques** as well as **meditation techniques** to enhance our well being.

No yoga experience needed, open to all levels.

Wed 12:30-2 pm
\$14 drop in or use your class card

with Cass Baisden

Cass started her yoga journey in 1987 with teacher Diane Wilson. After studying with her for several years she took Erich Schiffmann's teacher training and some workshops. She began teaching in 1991 and continue to do so. "Yoga is my journey of life. I enjoy sharing what others have shared with me as well as my own insights".



6357 SW Capitol Highway, Portland, OR 97239
503 922.3100 www.ombase.org