

# Easy Does It Yoga

## meditation, breath work, basic poses

*"It has been a very rewarding experience to learn to relax and stretch out many of my body's aches and pains. Louise uses her personal life experiences and growth in order to help others through her "easy does it" yoga classes. I would highly recommend it to anyone who has the desire to grow in knowing how to respond to aging and/or physical limitations". ~*

*Suzi*

**For mature adults and seniors** who want to enjoy the ancient, healing practice of yoga in a supportive, balanced, gentle, safe way. The class focuses on meditation, breath work and basic poses as a way to tap into one's inner guidance.

**Poses are modified with the use of blocks, chairs and straps** so that those who may not be as flexible will be able to enjoy the benefits of yoga. Students will learn to work with and listen to the body and thus develop a balanced practice, internal strength and wisdom.

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

with Louise Lorente

With over 15 years of yoga and meditation practice Louise has been able to live well with a debilitating disease. Her goal is to share her understanding of yoga and meditation with other mature adults who want to experience the healing benefits of yoga. Her classes focus on learning to work with and listen to the body and on developing a balanced practice, internal strength and wisdom.



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