

Britt Bensen Steele has trained and taught in the U.S., Southeast Asia, Indonesia, and India. She has her Bachelors in Exercise Science, and her Masters degree in Public Health. She is Yoga Alliance Certified, yoga therapy licensed, and a certified Ayurvedic Lifestyle Counselor. Her teachings are influenced by the practices of Classical Hatha, Bihar, Vinyasa, and Chakra Yoga.

Classes are mixed level and suitable for most individuals. Please arrive 10 minutes early for your first class. Dress comfortably and bring a yoga mat, if you have one. Call Britt for additional information at 503-780-4034.

We have come to this place to learn about Love... to open our hearts and let the Light in.

*Devo is a cardiovascular mind/body class set to world music that incorporates yoga and fitness modalities from around the globe.

Yoga
Tuesday & Thursday
7:30 - 8:45 am
3:45 - 5:00 pm
Devo*
Saturday
8:30 - 9:45 am
\$45 / month
\$7 drop-in
First Class Free

LED BY BRITT B STEELE 503-780-4034 VERNONIA GRANGE

OPEN HOUSE ON SATURDAY OCTOBER 15th
Noon to 3:00pm

61161 Stoney Point Road, Vernonia
Listed at: \$265,500
RMLS# 11017957
www.5AcreHorseProperty.com

Updated 4 bedroom, 2.5 bath home built in 1996 with 1774 square feet of living. Huge Outbuilding with 2 oversized open bays, 3 cement floor oversized car/RV bays and 6 stall barn. New water system, 5 level, fenced acres with pond. All this just 3 miles from downtown Vernonia. Seller will give \$3,000.00 landscaping credit with acceptable offer.





Sharon A. Bernal
Real Estate Broker
Cell: (503) 819.7924
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June through October

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Contact Kathy at (503) 449-3591
oamvernonia@gmail.com



Community Photo Contest
Sponsored by the Vernonia Grange



Submissions will be judged in the following categories:
COMMUNITY & FAMILY: Photos depicting community members, family, and loved ones. Images featuring recreation are acceptable and encouraged.
NATURE & WILDLIFE: Photos depicting the natural world and its wonders.
SIMPLE LIVING & SUSTAINABILITY: Photos depicting activities and ways of life unique to Vernonia, rural living, country life, and sustainability.
FARMING & AGRICULTURE: Photos depicting gardening, growing, raising animals, and farm life.

This contest is free and open to everyone who lives or works within 20 miles of Vernonia. Photos must have been taken within the last two years. Only color images will be considered for this contest. Up to ten photos may be submitted per person. Winners will be announced on the front page of the December 13, 2011 issue of Vernonia's Voice. The winning photographs will be converted into greeting cards and other print formats for sale at the Grange Country Boutique, to be held mid-December. 100% proceeds from the photographs will be dedicated to community based events and improvements via the Vernonia Grange. For complete rules and submission guideline email bbensensteele@gmail.com.

Submission deadline is November 30, 2011

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Owner/Stylist

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