

BIKRAM YOGA

Introductory Package

3 Classes for \$15

6:45-8:15am T Th

9-10:30am M-S

4-5:30pm F Su

6-7:30pm M-Th

349.YOGA



Ker Cleary, M.A.

Contemplative Psychotherapy



A mindful approach to:

- anxiety, stress & depression
- relationships • personal growth

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reduce conflicts
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increase cooperation
improve communication

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FOUR WINDS YOGA

FOR BODY • MIND • SPIRIT

* Sylvie is back! * **New!**

Yoga for Teens

4-week series

Wed. 3:45-5:00pm

Feb.25-Mar.17

For **Age 10-16**

Cost: \$25 Preregistration required

Also starting **Feb.23** with **Sylvie**

Mondays 9:00-10:30am

Ashtanga **Drop-in** **New!**

Tuesdays 5:30pm

Yoga Flow **Drop-in** with **Jean**

Jean's class utilizes a flowing sequence of yoga postures with an emphasis on movement, balance, grace and self-expression, while creating a nurturing and supportive learning environment. Discover this Tuesday night gem!

Tuesdays 3:30pm
Beginning

with **Glen** **Drop-in**

Voted #1 Yoga Teacher in the Eugene Weekly's Readers' Poll!

Glen shares his teaching to the beginning level students with his enthusiasm and humor. You will enjoy learning how to practice the gentle postures as well as Glen's "take" on ancient yogic wisdom.

Also **Intermediate** **Tue. 9:00am**

Visit our website for complete schedule

3575 Donald St. Eugene 484-6100

www.fourwindscenter.com
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Patricia Robinett

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Dream Class

4 week series in March

MONDAYS 6-8PM

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Vacation Rentals

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WORKSHOP

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Master Djwal Khul, the Tibetan

INTRODUCTORY EVENING:

March 12, 7-9pm

WEEKEND WORKSHOP:

March 13-14, 10am-5pm

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