

The Willamettans
A Family Nudist Resort

Summer is arriving. Come visit the place Ducks, Beavers, even Huskies and Trojans work and play together comfortably nude. Camping, swimming, tennis and karaoke.

Call (541) 933-2809 www.willamettans.org

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Upcoming Workshop

Restorative Yoga
Fri. Jun. 16 4-6pm *J Philips*
De-stress & renew with passive postures! \$15

Upcoming Series

Chair Yoga
with *Janet*
Tuesdays 11am-Noon
Jun. 6-Aug. 15 10 wks \$60

Sunrise Yoga
7:00-8:30am *Lynne*
Wed/Fri Jun. 28- Aug. 18
Beg./Cont. Level 8 class \$60 15 class \$100

Beginning Yoga
Tuesdays 7:15-8:45pm *Lynne*
Jun. 27- Aug. 17 8 class \$60

Yoga Plus (weights & core)
Tue/Thu 11:30am-1pm *Donna*
Jun. 27-Aug. 17 8 class \$60 15 class \$100

Kids Summer Yoga Camp
June 26, 28, 30
Ages 4-6 MWF 10-10:45am \$17/wk
Ages 7-10 MWF 11am-12pm \$17/wk
Preregistration required for above classes

Special Offer!

Summer Passport to Yoga
Jun. 15 - Sep. 2 \$100
for Unlimited Yoga Classes

Visit our website for a complete schedule
* www.fourwindsyoga.org *

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Sudoku

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			1				
	5			8	9	3	2
	6		3				
	9					7	1
1	3			4			6
6		2					4
					5		9
					6		
	8	4	2	7		1	

Place numbers 1-9 so that each row, column and 3x3 square has each number only once. There is only one solution. Good Luck! Stumped? Visit www.sudokuplace.com for a puzzle solver.

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STUDIO CLASS PRICE LIST (yoga, LifeForce Fit, Fitness 50+, etc.)
Drop-in: \$7 • Ten Class Prepay: \$60 • One Month Unlimited: \$60
Summer Pass (6/5-8/15): \$100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:30 Beginning Hatha Yoga w/ Jay	9:00-10:30 Intermediate Hatha Yoga w/ Glen	9:15-10:30 Beginning Hatha Yoga w/ Jay	9:00-10:30 Intermediate Hatha Yoga w/ Glen	9:00-10:15 LifeForce Fit* w/ Jay
3:45-5:00 Yoga for Teens w/ Jay (starts Aug.)	12:00-1:15 Hatha Yoga (All levels) w/ Glen	4:00-5:15 LifeForce Fit* w/ Jay	3:15-4:45 Hatha Yoga (All levels) w/ Glen	12:00-1:15 Fitness Over 50** w/ Jay
5:30-6:45 Vinyasa Flow w/ Anita (starts June 12)	3:15-4:45 Hatha Yoga (All levels) w/ Glen		5:45-7:00 Prenatal Yoga*** w/ Nancy	(Designed for those who are young at heart but don't want to work out with the younger crowd.)
	5:45-7:00 Beg. Hatha Yoga w/ Anita (starts June 12)		5:45-7:00 Yoga/Pilates Flow w/ Nancy	

*LifeForce Fit - Yoga instruction that incorporates resistance training and cardiovascular exercise.
*** Prenatal Yoga - 4 week series for \$32.00. First 4-week series begins June 8th.

Please visit our new studio at 1615 Oak Street, next to Calypso Salon

Check out www.lifeorcefitnessproject.com

or call 743-0778 for details about classes, personal training or the Operation LifeForce Outdoor Fitness Camp.