



PHOTO COURTESY OF JESS DONOHUE

Odds are if you're from Eugene you've most likely been to a yoga class before — or at least know someone who has. But, if the typical patchouli-scented patrons and overall serene, quiet vibe isn't your thing, there's another option — Broga. Broga, or bro-yoga is exactly what it sounds like: yoga geared toward men. "Where most yoga classes are filled with women, Broga was originally created to get more guys to come to yoga class," Jess Donohue, a Broga instructor in Eugene, tells EW via email. Donohue is teaching a **Broga and Brew** event this Saturday at Hop Valley. "Broga offers all the same benefits of a regular yoga class, combining movement with breath and building a deeper relationship with one's body, one's self, and adds something more to it," Donohue says. She adds: "The heart pumping, energetic strength building piece of Broga combined with yoga leaves one feeling both strong and centered. It's both." Broga involves physically demanding exercises like push ups, lunges and squats, mixed with traditional yoga mindfulness and breath exercises, Donohue says. "I think it's the playfulness that I most enjoy versus the seriousness that often accompanies a regular yoga class," she says. "Life can be so serious, it doesn't have to be on the mat as well."

Broga and Brew is from 11:30 am to 12:30 pm on Saturday, May 6, at Hop Valley Tasting Room (990 W. 1st Ave). Preregistration is required through YoSupBro.com, or call Jess at 541-954-6708. Bring your own yoga mat. The session is \$20 and includes one beer. — *Meerah Powell*

Giant Indoor Sale! continues. See Saturday.

HEALTH Occupy Eugene Medical Clinic, noon-4pm, 509 E. 13th Ave. FREE.

Occupy Medical, free dental van, exams & extractions provided, noon-4pm, Park Blocks on 8th & Oak. occupy-medical.org. FREE.

Conscious Nutrition Series, 1:30-3pm, Everyday People Yoga, 352 W. 12th Ave. \$10-\$15.

KIDS/FAMILIES Family Fun, 1pm, downtown library. FREE.

Children's Meditation Class, 7-7:45pm, Eugene Zendo, 2190 Garfield St. FREE.

LECTURES/CLASSES Women's Self Defense Class, 11am-12:15pm, The Art of War, 251B W. 7th Ave. FREE.

Organic Gardening Workshop w/ the Kundalini Center, 12-3pm, 4640 Barger Dr., RSVP info@kundalinictr.com. don. or FREE.

Raw Vegan "Nice" Cream! w/ Kevin Cosmo, noon-1pm, Natural Grocers, 201 Coburg Rd. 541-345-3300. FREE.

From the Desert of Oman to the Wilds of National Geographic, an illustrated talk by Dr. Christopher Thornton, 3pm, downtown library. FREE.

Get Cooking @ Sprout! w/Leda Hermecz, create a vegetarian dinner, 3-6pm, Sprout!, 418 A St., Spfd. \$30-\$35.

Talks at the MNCH continues. See Thursday, May 4.

ON THE AIR "The Sunday Morning Hangover TV Show," 1:30am, Comcast channel 29.

"The Sunday Morning Hangover Radio Program" w/Marc Time, 10am, KWWA 88.1FM & kwradio.org.

Son of Saturday Gold, True stuff for true believers, 11am-1pm, KRVN.

OUTDOORS/RECREATION Run for a Cause, Family for Every Child Full Marathon, 7am, UO Campus, finish at Hayward Field. crowdrise.com/2017eugene-marathon.com. Fundraising minimum of \$225.

Run for a Cause, Family for Every Child Half Marathon, 7am, UO Campus, finish at Hayward Field. crowdrise.com/2017eugene-marathon.com. Fundraising minimum of \$150.

Mossbacks Volkssport Club: walk in Gervais, 8am, from Willamalane Adult Activity Ctr., 215 W. C St., Spfd. mossbacks.org. FREE (\$10 carpool).

TrackTown Fitness, trainings to prepare for Eugene Marathon, 8-9am, Hayward Field. FREE.

Church of Pinball, tournament, minors welcome, 3pm, Blairally, 245 Blair Blvd., 541-683-1721. \$5.

Final Table Poker, 3pm & 6pm, Steve's Bar & Grill, 117 14th St., Spfd. FREE.

The Holy Rollers Club, Yahtzee & dice games, 5pm, 3464 Hawthorne Ave., 541-731-4995. FREE.

Cards Against Humanity w/Rick, 7pm, First National Taphouse, 51 W. Broadway. FREE.

Duplicate Bridge continues. See Thursday, May 4.

SOCIAL DANCE Coalescence: Community Estatic Dance, 10am-noon, WOW Hall. \$8-\$12.

Yoga Mystical Dances w/Gloria, 2-2:30pm, Crescent Moon Yoga, 819 E. Main. Cottage Grove. crescentmoonyoga.com. Don.

Music & Dance Workshop w/ Taller de Son Jarocho, 3-5pm, Whiteaker Community Center, N. Jackson & Clark St. FREE.

Argentinian Tango, lesson 3-4pm, dance 5-7pm, 485-6647. \$5-\$12.

Veselo Folk Dancers, international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 541-683-3376. \$3.

SPIRITUAL Self Realization Fellowship 9-9:50am meditation; 10-11am service, 1610 Olive St. FREE.

Zen Meditation Group, 5:30-7pm, Blue Cliff Zen Center, 439 W. 2nd Ave. FREE.

Gnostic Mass Celebration, 8pm, Coph Nia Lodge OT0, 4065 W. 11th Ave. #43, cophnia-oto.org. FREE.

THEATER The Actors' Table of Eugene (T.A.T.E.) presents a performance about The Important Things in Life, from Shakespeare to Monty Python, 3:30pm, Tsunami Books, 2585 Willamette St. Sug. don. \$5.

Cabaret continues. See Friday.

Cinderella Waltz continues. See Thursday, May 4.

Guys & Dolls Musical continues. See Friday.

Oresteia continues. See Thursday, May 4.

Time Stands Still, continues. See Friday.

VOLUNTEER Feed the Hungry w/Burrito Brigade, 11am, First Christian Church, 1166 Oak St. FREE.

MONDAY
MAY 8
SUNRISE 5:53AM; SUNSET 8:24PM
AVG. HIGH 65; AVG. LOW 42

GATHERINGS Lunch Bunch Toastmasters, noon, LCC downtown ctr., 101 W. 11th, 541-341-1690. FREE.

Women in Black, silent peace vigil, 5-5:30pm, Pearl & 7th. FREE.

Cascadia Forest Defenders Meeting, 5:30-7pm, Growers Market, 454 Willamette St. FREE.

Eugene Cannabis TV Recording Session, 5:30pm, CTV-29 Studios, 2455 Willakenzie Rd., contact dankbagman@hotmail.com. FREE.

Overeaters Anonymous, 5:30-6:30pm, Central Presbyterian Church, 555 E. 15th Ave. FREE.

Atheist, Agnostics & Free Thinker AA, 12-Step Meeting,

6:30-7:30pm, 2520 Harris St., 541-255-8444. FREE.

Men's Mentoring Circle, 6:30-8:30pm, McKenzie River Men's Center, 1465 Coburg Rd. \$10 sug. don.

Depression & Bipolar Support Alliance, peer support group for people w/depression or bipolar illness, 7-8:30pm, First United Methodist Church, 1376 Olive St. FREE.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave. FREE.

Nar-Anon Meeting, 7pm, St. Thomas Episcopal Church, 1465 Coburg Rd. & Cottage Grove Community Center, 700 E. Gibbs Ave., Cottage Grove. FREE.

Psychoanalysis in Eugene, clinical & literary discussion group, 7-9pm, 355 W. 8th Ave., RSVP to michaelhejazi@gmail.com. FREE.

SASS Monday Night Drop-in Group, for survivors of sexual assault, self-identified women 18+, 7-8:30pm, 591 W. 19th Ave. FREE.

Women! Come sing w/Sweet Adeline harmonizing group, 7pm, United Methodist Church, 1385 Oakway Rd. FREE.

Polyamory & Non-monogamy Relationship Discussion & Support Group, 7:15pm, contact eugenepolygroup@gmail.com for location. don.

Refuge Recovery Meeting continues. See Friday.

HEALTH Stability Balls, ages 50+, bring your stability ball to class, 8am today & Wednesday, Bob Keefer Center, 250 S. 32nd St., Spfd. \$7-\$9.

Active Exercise, ages 50+, moderate aerobics, stretches, weights, etc. You can begin at any time, 9am today & Wednesday, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$7-\$9.

Strength & Flexibility, ages 50+, regain strength, balance & flexibility, 9am today & Wednesday, Bob Keefer Center, 250 S. 32nd St., Spfd. \$7-\$9.

Your Body Your Source, ages 50+, how to energize your body, 10-11:30am, Willamalane Adult Activity Center, 215 W. C St., Spfd. \$5.

Health Qigong, 4:30-5:30pm today & Wednesday, Willamalane Adult Activity Center, 215 W. C St., Spfd. FREE.

Filipino Martial Arts for Fitness, ages 14+, 5pm, Bob Keefer Center, 250 S. 32nd St., Spfd. \$7-\$9.

Tai Chi: Moving for Better Balance, ages 18+, 5:30 & 6:30pm today & Wednesday, Willamalane Adult Activity Center, 350 W. C St., Spfd. \$7-\$9.

Latin Cardio Fusion, ages 14+, jazzy dance workout, 5:30pm today & Wednesday, Bob Keefer Center, 250 S. 32nd St., Spfd. \$7-\$9.

Pet Grief Support Group, 5:30-6:30pm, Companioning Care LLC, RSVP & location: 541-255-7116. \$3-\$15.

RED BARN

NATURAL GROCERY & DELI

MAY DELI SPECIAL

ALL SMOOTHIES, SHAKES & FLOATS

BUY ONE, GET ONE 1/2 OFF*

*OF EQUAL OR LESSER VALUE

4TH & BLAIR • 541-342-7503 • 8AM-11PM DAILY (DELI 8PM)

Comfort & fitness

The world's most comfortable recumbent trike is a stable, stylish fitness solution wrapped up in a versatile, affordable product! In stock at both stores.

556 Charnelton

541-344-4105

2480 Alder

541-342-6155

bicycleway.com

f

u

t

TerraTrike

PART OF THE SOLUTION

Way of Life

BICYCLE