

Ashforth Pacific is pleased to announce continued Wednesday yoga classes at Oregon Square.

**Please note the following changes, beginning Wednesday, September 23<sup>rd</sup>:**

- **New start time: Fall yoga classes will be held Wednesdays from 5:45 p.m. to 6:45 p.m.**
- **New indoor location: 830 Oregon Square, Suite 40 (830 NE Holladay Street – basement level)**

Beginning Hatha Yoga:

This is a comprehensive balanced class, with a steady flow, relaxation between asanas, and guided instruction throughout. Hatha yoga is designed to promote a healthy body and peaceful mind, through the practice of three main components: asanas (poses), pranayama (breathing practices), and meditation (concentration). With continued performance of postures you will gain flexibility and strength, and learn to be more relaxed under otherwise stressful situations.

Classes will continue at no charge, and are open to all tenants of Ashforth Pacific properties. Please provide your own yoga mat.

For additional information, please call Tenant Services: 503.233.5696

