

# Restore & Renew



## A weekly restorative yoga class

Students learn how nurturing, physical postures help ease the effects of chronic stress by allowing the body and mind to rest deeply. We use props such as blankets and bolsters, breath work, guided meditation and a series of 3-4 poses which allow for complete relaxation. **Restorative poses have been known to tap into the body's capacity to heal itself and are appropriate for anyone at anytime in their life.**

*No previous yoga experience is necessary and all levels are welcome.*

fridays 12:30-2 pm  
\$14 drop in or use your class card

### COMMENTS FROM LOUISE'S STUDENTS:

*"I was able to take the feeling of peace through most of my week...."*

*"I felt so open and calm for a long time after class..."*

*"....My phlebitis, which I've been taking medication for, getting massages for, completely went away".*

with Louise Lorente

With over 15 years of yoga and meditation practice Louise has been able to live well with a debilitating disease. Her goal is to share her understanding of yoga and meditation with other mature adults who want to experience the healing benefits of yoga. Her classes focus on learning to work with and listen to the body and on developing a balanced practice, internal strength and wisdom.



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