

OmBase

organic free range yoga



I am writing to let people know how beneficial yoga has been for me. It has been a very rewarding experience to learn to relax and stretch out many of my body's aches and pains . I would highly recommend it to anyone who has the desire to grow in knowing how to respond to aging and/or physical limitations".

~ Suzi Scarino Steele



EASY DOES IT

Easy Does It focuses on **meditation and basic poses** as a way to tap into one's inner guidance. We slow things down, use more props and focus on the fundamentals, like **breathing, balance and stretching** ... all without effort!

Poses are modified with the **use of props** so that those who may not be as flexible will be able to enjoy the benefits of yoga. Suited for students of all ages as well as those with injuries or mobility challenges. Students will learn to work with and listen to the body in order to develop a balanced practice.

Mon | Wed | Fri

12:30 - 2 pm



*Mondays with
Louise B.*



*Wednesdays
with Judy*



*Fridays with
Todd*



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