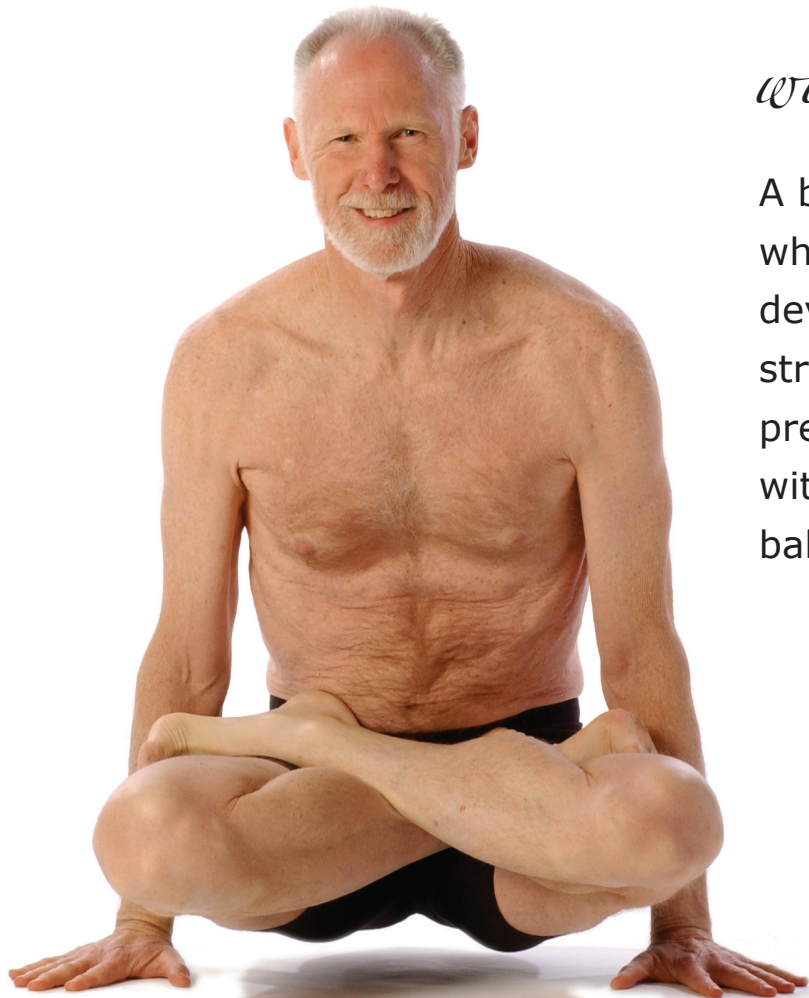


NEW CLASS

beginning in September

Get Up Off Your Feet

with Bill



A balanced level 1-2 class, which will focus on developing upper body strength and trust through preparing for and playing with inversions and arm balances.

Wednesday
7.00-8.15 pm

the yoga project

1229 SE Nehalem St.
Behind Grand Central Bakery in the Red Barn
www.theyogaproject.org • 503-235-1155