

Ashforth Pacific is pleased to continue to offer Wednesday evening yoga classes at Oregon Square. Yoga classes are held from 5:30 p.m. to 6:30 p.m., Wednesday evenings.

Please note: beginning July 21st and continuing throughout the summer, Yoga will be held under the pavilion in the Oregon Square courtyard.

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.

