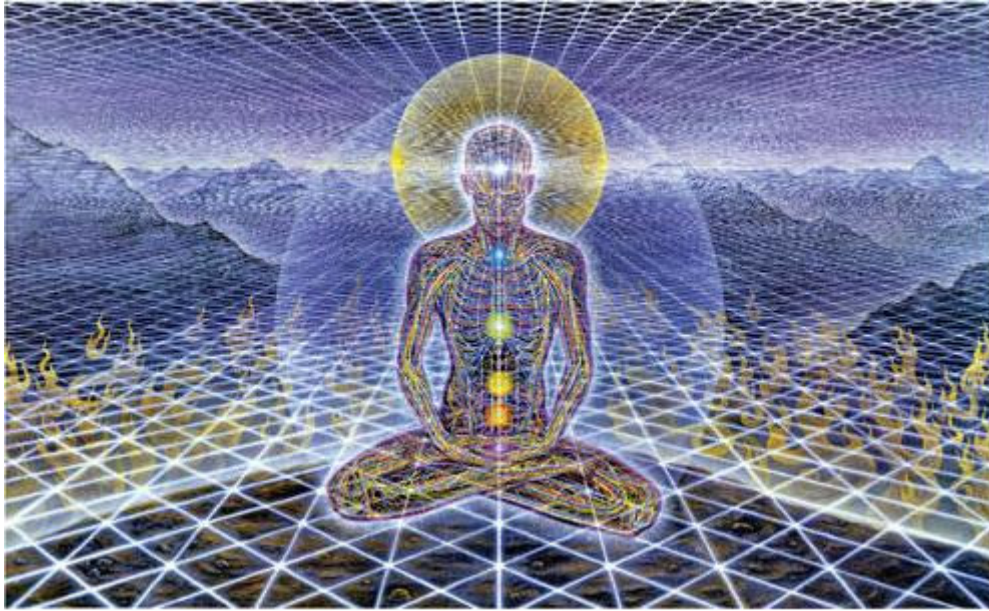


...Introducing a New Class
At the Hawthorne Wellness Center
Led by Shay Hosseinion, MD

Slowing Down

An opportunity to join in some
Qi Gong, Meditation, and Yoga



Spend some time slowing down from the all-too fast pace of our lives with instruction on some calming enjoyable activities in an informal atmosphere.

Wear comfortable clothes and be prepared to sit on the ground for part of the time (accommodations can be made if this is physically difficult for you).

Children, Parents, little people, big people, and medium sized people of all ages are welcome.

Location:

The Movement Studio in back garden of the Hawthorne Wellness Center
3942 SE Hawthorne Blvd, Portland, OR 97214

Date/Time:

Fridays 5-6 pm, beginning November 7th, 2008

Cost:

Sliding scale: \$0-10 for established patients of Dr. Shay, \$0-15 for general public