



The DragonTree

~ Promoting Healing through Bliss ~

Newsletter

September Special

This September take some time for yourself and take advantage of our fantastic special: An hour full body Swedish massage, a customized all natural herbal facial, and a foot bath of your choice – only \$150.

Offer expires October 1st and space is filling up fast – so schedule your treatment today!
This offer is not valid with any other offers or promotions.

Weekend Special

Friday, September 9th through Sunday, September 11th is Friends and Family Weekend – bring in friends or family: buy one Sangha room combination at full price and receive the rest of your groups Sangha room combinations (of equal or lesser value) at a 25% discount.

This offer is not valid with any other offers or promotions.

Autumn Yoga Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 – 10:00 Basic Vinyasa w/ Diana	8:30 – 10:00 Basic Hatha yoga / Pilates w/ Sharon P.	8:30 – 10:00 Basic Vinyasa w/ Diana	8:30 – 10:00 Basic Hatha yoga / Pilates w/ Sharon P.	8:30 – 10:00 Basic Vinyasa w/ Diana	8:30 – 10:00 Kundalini Pre-natal w/Kristi	8:30 – 9:30 Free Meditation w/ Caroline
7:15 – 8:45 Basic Vinyasa w/ Lockett	7:15 – 8:45 Basic Kripalu w/ Sarah	7:15 – 8:45 Basic Vinyasa w/ Lockett	7:15 – 8:45 Basic Kripalu w/ Sarah			10:00 – 11:30 Basic Shadow / Hatha w/ Caroline

- **Basics of Vinyasa I** ~ Working with a more flow oriented practice, beginners are guided through various sequences to increase stamina, strength, and flexibility. Learn and practice the basic asanas (postures). Also a great class for those who prefer a slower paced Vinyasa class. Fundamentals of alignment and breathing are explored. New students are welcome.
- **Basics of Kripalu Yoga** ~ Kripalu Yoga will do more than make you flexible and strong. It is a unique way to integrate body, mind and spirit through opening to the wisdom of your body. You are guided to move at your own pace, honoring your body's needs in each moment. Kripalu Yoga develops the body, mind and spirit in a compassionate and non-judgmental way. You leave the class feeling uplifted and centered. BASICS Kripalu begins with understanding the details of alignment and the coordination of breath while moving in and out of postures. It also guides you to focus your attention on inner sensations thoughts and emotions.
- **Basics of Shadow/ Hatha Yoga I & II** ~ The preliminary forms of Shadow Yoga prepare students for proper asana work through strong standing/hip work, dynamic movement, and breath techniques known as bandhas. This class gives a strong foundation for a hatha yoga practice. For students new to hatha yoga or the Shadow style. Basics II continues the work begun in Basics I. Stronger students or those with some experience can also enter at this point.
- **Pilates** ~ These classes are designed to build deep core strength while mobilizing joints and elongating the spine. Increase mind-body connections and improve alignment while feeling your body truly moving through space.
- **Morning Meditation** ~ Experience the inner practice of yoga and quiet sitting practice during the early morning hours.
- **Prenatal Yoga** ~ This class will focus on yoga breathing, asana and meditation, as well as honoring the changing landscape within a woman's body. It will help with the physical discomforts associated with pregnancy, and increase flexibility. Pre-natal yoga is a great support for women at any stage of their pregnancy.

Other Events at The Dragontree

- **Raga Singing Beginning/ Introduction Class with Rik Masterson**
4 week course – Sundays, September 11 – October 2, 5:00 - 6:30 pm • \$61
First class can be taken for \$15, after that full registration is required.

The ancient sages of India explored and experimented with the deep relationship of sound, cosmos and the human psyche. Over thousands of years, they developed a sophisticated and sublime music born out of these relationships, and organized it into an intricate living system of raga (melody) and tala (rhythm) based on the changing moods in nature's cycles. For some, studying this music is a way to develop their voice and refine their musical skills through learning traditional compositions and methods of improvisation. For others it is a spiritual practice preserved and expressed in the language of music.

In this class students will develop listening skills, memory, concentration, intonation, timing, breath, and learn voice culture, contemplative sound practices, traditional compositions, melodies, rhythms and improvisation.

2 Sunday Series, Sundays, November 13 & 20, 10:00am – noon • \$40
First class can be taken for \$25, after that full registration is required

Join Andy for an introductory look into the Balakrama form of the Shadow Yoga School. The first Sunday will focus on groundwork - Hatha Yoga fundamentals will be discussed and basic Shadow movements will be presented. These will prepare the student for the second Sunday where the Balakrama form will be presented. The Balakrama form is the first preliminary form in the Shadow School, which integrates powerful breathing methods with movements designed to unlock the student's innate strength.

We look forward to seeing you at your next appointment.
Be well.

*The Dragontree – 2768 NW Thurman, Portland –
(503) 221 4123
www.thedragontree.com*

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