



For our loyal donors and supporters:

Welcome to your fall "newsletter"! We wanted to share some exciting updates, the inside scoop on Living Yoga classes, and keep you in the loop about our upcoming events.

New Class Starting This Fall

We're excited to begin our newest class with Portland Homeless Family Solutions (PHFS). PHFS serves 8 families at a time resulting in helping 200 families find homes each year. Of these 200 families, 90% are still in housing one year later! Our class will be offered every Monday evening starting next month. The class is geared toward adults, but PHFS allows anyone 14 years or older to attend. We already have a full team of 5 volunteers excited to serve this population each week. **Thank you for making this class possible!**

We Can Be Heroes

*"A hero is someone who has given his or her life to something bigger than oneself."
- Joseph Campbell*

This wonderful story is shared by Ivy, one of our fantastic (and fun) teachers at Edwards Day School, a partnership program for children of Trillium Family Services & Portland Public Schools:

Our theme for class today was superheroes. I talked a little about how superheroes and people who practice yoga are similar, since being a superhero takes a lot of strength and focus. I also emphasized how many superheroes are regular people and nobody knows that they are also a superhero, much like being a yogi can be secret power when you use your breath to change your experience, and nobody might know that is what you are doing to shift what's happening in the moment.

The kids wanted to go right into the very active "what they thought were superhero" poses, and didn't really want to warm up. We explained that even superheroes have to stretch their muscles so they don't hurt themselves when they are saving the world. While I led a short warm up, there was one boy in particular who was very hyperactive, disruptive and reactive. He mentioned that superheroes weren't real after dropping the "f-bomb". I paused us and validated his frustration. I was honest and explained that yes superheroes *aren't* real, but using our imagination and creativity can have a lot of benefits. After this, something seemed to shift a little bit in the boy. He seemed to participate more after this and be a little less hyperactive as he directed all of his energy toward superhero yoga poses! There was even time for walking our spider-man selves up the wall. *Flip over to read more.*

At the end of class, we
of our superpowers n
super good at sitting
superpowers are doin
super sweet savasana
flying through the clo
possible.

Heroes Among Us

We recently reached
why her and her husb

Hi Pam,
Hope you are well!
Thank you for your constant
support, we couldn't do
this without you :)
Michele

superpowers, but each
ome people are
er peoples'
Class ended with a
e guided imagery of
esses like this are

Ann Brayfield, on
at she shared:

"For individuals who are incarcerated, vulnerable and/or marginalized, Living Yoga provides a human connection that fosters healing and resilience. What we have observed is that individuals served (by Living Yoga) find their way to being positive, contributing members of their communities. Recidivism among those served in our prisons has been greatly reduced, a tribute to the human spirit and what is possible through human connection."

Thank you Ann and Joe for your love and support!

Upcoming Events

OCTOBER 10th: Addiction, Recovery, and Yoga Workshop. Are you looking for tools to support you in your recovery journey? Curious how yoga can help you in recovery? Then join us for this 3-hour workshop at The Alano Club on October 10th from 2-5 pm \$5-\$15 sliding scale. **To register contact brent@portlandalano.org.**

OCTOBER 30th: Mental Health Happy Hour, Living Yoga and Trauma Research. Curious about how to help yourself or others heal from trauma? Wondering how yoga and mindfulness may help? Come join Michael Faith, MSW, and Liz Eisman, LMT, RYT from Living Yoga along, with Sarina Saturn, PhD and Kristina Houck, LCSW, to learn about the latest research on impact of trauma and toxic stress on the body and brain, as well as ways to build trauma resilience. At Unfold Studios from 5-7 pm. **You can also join us for a full day professional development workshop on this topic on November 21st also at Unfold. Check out our website under the events tab for more information.**

Join With Us To "Invest In The Human Spirit"

There is still time to purchase tickets for this year's "Invest in the Human Spirit" Gala, presented by Subway Restaurants of Oregon and SW Washington, on November 6th, 2015, at Castaway in the Pearl District. We'd like to thank our amazing sponsors Subway Restaurants of Oregon and SW Washington, Zipcar, Portland Natural Health, Chown Hardware, Studioriley, Trillium Family Services, GP Kitchen, Providence Health & Services, and Therapeutic Associates. If you would like to attend, host a table or become a sponsor, please contact Mike Paulsen, our Development Director, at 503-546-1269, or email mike.paulsen@living-yoga.org
P.S. Act fast, only 20 tickets remaining!

Thank you for your continued support of Living Yoga!



5100 SW Macadam, Suite 360
Portland, OR 97239
www.living-yoga.org

... your newsletter enclosed

FORTLAND OR 970

25 SEP 2015 PM 6 L



Pamela Grow



Living Yoga

...helping people create positive change from the inside out...

www.living-yoga.org