



Guided by music and the background hum of the outdoors, you are invited to down-regulate your nervous system with this rhythmic summer yoga class. All body types and levels of experience are welcome. This class is to build curiosity & sensory awareness around movement & breath, it is never about perfection. It is your moment to soften the grip on the rest of your week so that you can create balance in your life within this busy world.

As a member of the Marion-Polk County Medical Society, you are invited to join us for this very special summer yoga series. Each class will be followed by a 30 minute workshop on a variety of other modalities focused on wellness, such as acupuncture , essential oils and mindfulness. Please join us!

COST: NONE

(SUGGESTED DONATION: \$10)

**TUESDAYS: JULY 16TH, JULY 23RD,
JULY 30TH & AUG 6TH**

TIME: 6:30PM - 8:00PM

MEET US IN THE COURTYARD:

4985 BATTLE CREEK RD SE, SALEM

LET US KNOW YOU'RE COMING:

503-362-9669

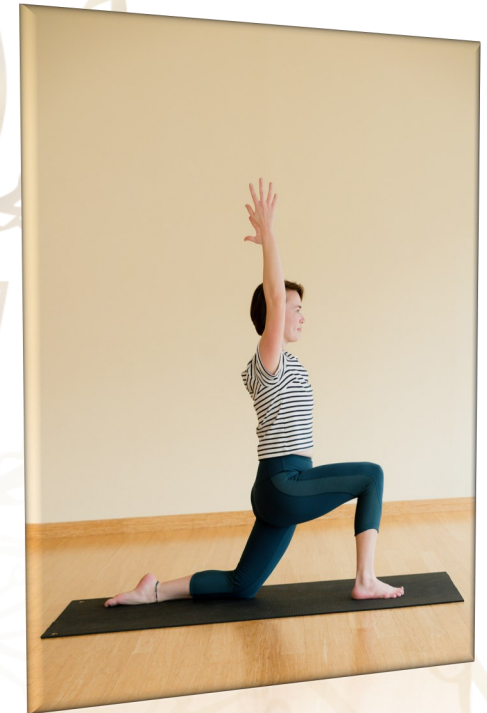
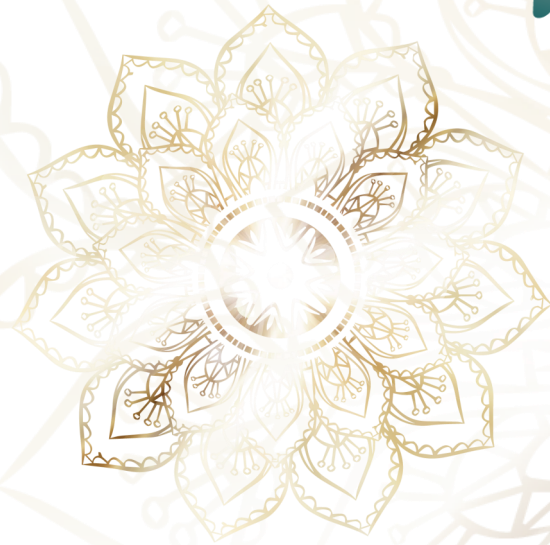
KRISTA@MPMEDSOCIETY.ORG

Forgot your yoga mat? Left your comfy clothes at home? Didn't RSVP? Never done yoga before?

COME ANYWAY!

*Mats will be available,
all levels welcome.*

CHANTAL BARTON Yoga



Chantal Barton, 500 E-RYT (with additional training in trauma friendly classes and youth yoga)

As an instructor, Chantal is a human who still loves to color outside the lines which enables her to bring creativity, adaptation and soul into her classes. Currently she is contracted with the Oregon State Hospital and the Salem Hospital for both staff and patients. She is the co-founder of an inspiring Youth Yoga Summer Camp and Oregon Youth Resiliency Initiative. Her light-hearted nature makes it easy for everyone sink into a practice that helps people relax and check-in.