

BREATHE ENGAGE IN MEDITATIVE MOVEMENT BALANCE

FEELINGS COME AND GO LIKE CLOUDS IN A WINDY SKY. CONSCIOUS BREATHING IS MY ANCHOR.
– THICH NHAT HANH

FREE YOGA

FOR TRAUMA AND EXTREME STATES

SATURDAYS, 1-2PM
BEGINNING
OCTOBER 23 2010

LOTUS SEED STUDIO
6 NE TILLAMOOK
PORTLAND

(#4 AND #44 BUS LINES)

LED BY CASADI MARINO, LCSW, CADIC III



YOGA IS AN ANCIENT ART THAT HELPS INDIVIDUALS CULTIVATE WAYS OF MAINTAINING BALANCE AND WELL-BEING. YOGA ENCOURAGES FOCUS, MINDFULNESS, AND CLARITY. THIS CLASS IS OF THE VINYASA SCHOOL OF YOGA THAT LINKS MOVEMENT WITH BREATH AND LINKS POSTURES TO FORM A FLOW. THE CLASS IS DESIGNED FOR INDIVIDUALS WHO HAVE EXPERIENCED TRAUMA AND EXTREME STATES. INSTRUCTOR CASADI MARINO IDENTIFIES AS A TRAUMA SURVIVOR AND AS AN INDIVIDUAL DIAGNOSED WITH BIPOLAR DISORDER.

MORE INFORMATION: [YOGAFORMADFOLK@GMAIL.COM](mailto:yogaformadfolk@gmail.com).

YOU ARE ENCOURAGED TO BRING YOUR OWN YOGA MAT OR YOU CAN BORROW ONE FROM THE STUDIO. CASADI IS CURRENTLY COMPLETING THE YOGA TEACHER TRAINING PROGRAM THROUGH THE LOTUS SEED STUDIO TO BECOME A REGISTERED YOGA TEACHER.

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