

Announcements

**** HealthQuest Voted Best of Citysearch 2009 ****

Best Therapeutic Massage 2009 & Perfect 5 Star Rating for Massage!
(Best Couples Treatment 2008)

Weekly Events

Pain Party: Tuesdays 7:00 pm Downstairs CNM Lobby: Experience Cellular Exercise with the MagnaCharge / MG33 system. Pulsed electromagnetic field technology (PEMF), safely delivers pulsed magnetic field to depleted, damaged, or weakened cells. Learn about the technology and experience it for FREE.

More info: BodyElectricLLC.com / 503.232.1100

Feldenkrais®: Tuesdays 5:30 -6:30pm: *Feldenkrais®* is a holistic, experiential approach to increasing awareness and learning through movement. During group lessons, a practitioner leads you through a sequence of movement explorations that involve thinking, sensing, moving, feeling and imagining. By increasing awareness, you will learn to let go of habitual patterns; you will learn to recognize and develop alternatives.

Contact Rosanna at 503-772-3486 or movingforlife@gmail.com for info.

Yoga Class Info:

Monday evening class will be a very gentle restorative yoga class that is ideal for patients with acute injuries or instable injuries. It will focus on breathing, supported poses, relaxation and techniques to deal with pain.

Saturday class will be for patients looking for a class to help build strength and flexibility. It will include standing and seated poses that will focus on proper alignment. This class is suitable for patients with back pain and chronic pain as it will be not be strenuous.

Classes will run in 6-week cycles with a maximum of 5 people per class. This will allow me to work with each person's injuries, pain and physical needs closely. I will perform adjustments and muscle work when needed. I will review each patient's chart prior to class so that I know the extent of their injuries or diagnosis prior to class. Patients with insurance coverage that allows me to use procedural codes will be billed for the class, patients with PIP through their auto insurance will also be billed. Patients that are cash will get a substantial discount and the 6-week series will cost \$80.

Contact The Center for Natural Medicine at 503-232-1100 for more info & registration

Meditation: Tuesdays 7-9 pm: Science of Spirituality Group / Tom 503-528-0222 / Free

Sant Mat Meditation: Sundays 4-7pm: Meditations on Inner Light and Sound. 1-877-MEDITATE

Special Events

Couples Workshop: Friday 2/4-Sun2/6

Contact Jeremy for more info at 503-351-3567

Raw Food Nutrition Class: Saturday 2/26

Contact Lou Ann Bennett at 503-805-2373