

Is your **POSTURE**
causing you pain?

Are you concerned about
how you're aging?

Learn how to address these issues

with **KATHLEEN PORTER**

author of *Natural Posture for Pain-Free Living:
The Practice of Mindful Alignment*



5-week course on Wednesday evenings, Oct 12 – Nov 9

6:30 to 8:30 p.m \$225

Harmony Yoga 2108 NE 41st Avenue, Portland

- Overcome chronic pain and stiffness in your joints, back & shoulders.
- Improve your posture at any age (even dowager's hump!)
- Learn how to sit, stand, bend, walk, lift—even sleep and do yoga in natural alignment.
- Strengthen your authentic core for spinal support that is solidly strong AND relaxed.
- Address pain problems in your feet, knees and hips.
- Get your head on straight — and enjoy a relaxed, pain-free neck.
- Learn the best exercises for maintaining natural posture.

“*Kathleen Porter's insights about skeletal alignment are destined to change the way we think about and inhabit our bodies.*”
Christiane Northrup, M.D.

Visit <http://www.naturalposturesolutions.com/classes>
for more information or to register
or contact info@naturalposturesolutions.com or 503-505-1996