



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

3903 s.w. Kelly, suite 210 • Portland, Or 97239
Phone: (503) 223-8157 • Fax: (503) 248-4730
www.gudmestadyoga.com

WELCOME TO OUR STUDIO

Our teaching approach is strongly influenced by the Iyengar method of yoga and focuses on physical poses, with an emphasis on form and alignment, which helps to prevent injuries.

Your safety and well being come first. Our teachers want to know about any injuries or problems you may have. Please take a few minutes now to fill out the NEW YOGA STUDENT INFORMATION form and make sure to include it with your reservation deposit.

Remember, classes are not intended as a replacement for medical treatment. It is always advisable to consult with your physician before beginning any activity such as yoga.

WHEN YOU COME TO CLASS:

- Wear footless tights/leggings or shorts, a t-shirt or tank top and bare feet in the studio, so we can see your alignment. No baggy pants or shirts please.
- Either schedule your meal following class or have a light snack 1-2 hours beforehand.
- Dressing rooms are available on the first floor. Bring your valuables with you into the studio prop room.
- All props are provided. However, please feel free to bring your own mat & props if you have allergies, concerns about cleanliness or just prefer your own mat.
- Parking is available in our lot, accessible from Kelly Ave. or Abernethy Street.

IN CONSIDERATION OF OTHER STUDENTS:

- No fragrances (perfume, aftershave, essential oils, hand lotions, hair spray or even scented laundry soaps).
- No heavy, dangling or noisy jewelry.
- Please silence your cell phone when you enter our building.

Once again, welcome!

*Beth, Julie, Stuart, Betsy, Hope, DeeAnn, Laila, Rachel, Caroline,
Ryan, Lori, and Glenn*



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CLASS REGISTRATION INFO

- Call 503.223.8157 to register for the appropriate Paxson Yoga Center/Gudmestad Yoga Tradition level for you and find out about class availability.
- Fill out the YOGA STUDENT INFORMATION form (next page) and return it along with a \$25 deposit within 7 days of your phone registration to secure your spot in class.
- Tuition balance for the term is due by the first class. You may pay the full amount at time of registration if you choose. If you pay prior to the start of the term, you will receive a small discount.
- Your deposit is refundable up to 7 days before the first class. However, if you discover you will be unable to attend your class, please let us know as soon as possible so that someone on the waiting list can take your place.

HOW TO MAKE UP A MISSED CLASS:

- Missed classes must be made up within the same term. You may do a make up in any class of the same or lower level, anytime during the term, as long as the studio is not too crowded. You do not need to call ahead to reserve a spot, but come a few minutes early to introduce yourself to the teacher and let them know that you are doing a make-up and what class you are enrolled in. You do not need to make up a class the same week you miss it. It's OK with us if you make up classes before you miss them. You may also bring a friend with you to do your make-up as long as you bring them to an appropriate level class.

MAIL YOUR \$25 DEPOSIT within 7 days of phone registration, along with your completed YOGA STUDENT INFORMATION form to:

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YOGA STUDENT INFORMATION

Today's Date: ____/____/____

Level: _____ Day: _____ Time: _____ Teacher: _____

Name: _____ Date of Birth: ____/____/____

Address: _____
city state zip

Cell Phone: _____ Home Phone: _____

Email: _____ Sign up for our quarterly e-newsletter? ____ Yes ____ No

How did you hear about us? _____

Because it is our belief that the benefits of Yoga are best enjoyed when the study is taught and practiced in a safe and supportive environment, all our lead yoga teachers are licensed Physical Therapists. Classes are not, however, intended as a replacement for medical treatment. We ask you to help us in maintaining a safe environment for your practice by providing the following information:

What previous yoga experience have you had?

Current physical activities including sports exercise classes and home routines (frequency & hours):

Medical history on injuries or diseases which continue to/or might cause pain or limit activities:

What are your goals or expectations from this class? From your total yoga practice?

Directions to Gudmestad Yoga Tradition/Paxson Yoga Center

There are many versions of Kelly Ave., and you can't get from one to the other — call if more direction is needed.

From I-5 heading NORTH:

Take Corbett Ave. exit (after the Terwilliger exit, before downtown). At the stop sign, turn left onto Corbett and go approx. ½ mile, 1st uphill to a 4-way stop, then after 3 long blocks turn right onto Abernethy. Go down the hill almost to the corner of Kelly & Abernethy and turn right into the parking lot.

From I-5 heading SOUTH:

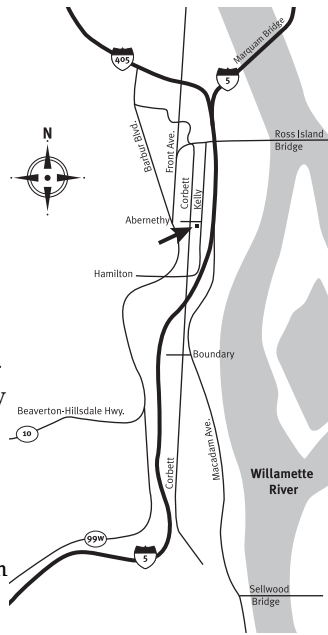
Follow I-5 Southbound toward Salem. As you cross the Willamette River on the Marquam Bridge, get into the right lane. Take the first exit after the bridge, #299-A, (Lake Oswego/Hwy. 43/John's Landing). You will turn right BEFORE you get to Macadam Ave., so merge as soon as possible, twice to the right in lanes as they appear, and take the 1st legal right uphill onto Gaines (or Lane if traffic didn't allow you to get to the right quickly enough). Go uphill 1 block to the stop sign, which is Kelly Ave. Turn left onto Kelly and go 1-2 blocks to the SW corner of Kelly & Abernethy. Turn right onto Abernethy and make an immediate left into our parking lot.

From I-405 heading SOUTH:

Take the 6th Ave./Ross Island Bridge/Barbur Blvd. exit. Follow the signs to Ross Island Bridge/Lake Oswego (a series of zigzags). As you near the approach to the bridge, get into the right lane and exit right at the Lake Oswego/Macadam sign. You are now on Kelly Ave. Proceed 7 blocks south to the corner of Kelly & Abernethy. Turn right onto Abernethy and immediately left into our parking lot.

From 26 heading EAST:

Head east on 26 to the I-405 SOUTH/Salem exit. Continue by following directions "From I-405 heading SOUTH" (listed above) to our clinic.



From Eastside over the Ross Island Bridge:

Follow the signs to Lake Oswego/Macadam Ave. (right lane off the bridge, right again a block later). As you pass under the bridge move into the left lane for 2 blocks (to avoid going back over the bridge), then move back into the right lane to take the 1st legal right onto Gaines (you are turning BEFORE you get to Macadam) or the 2nd right onto Lane (if you missed Gaines). Go up the steep hill 1 block to the stop sign, which is Kelly Ave. Turn left onto Kelly and go 1-2 blocks to the SW corner of Kelly & Abernethy. Turn right onto Abernethy and make an immediate left into our parking lot.

From Barbur Blvd. or Downtown:

South on 5th Ave. and follow the signs to Barbur Blvd. (or you can follow Ross Island signs if coming from Front Ave. or 1st Ave. — see above directions under I-405 South). You'll pass the big track on the right side of Barbur and go about ½ mile in the left lane to the large, lighted intersection of Hamilton. Turn left downhill onto Hamilton. Go 2 blocks downhill to the 4-way stop at Corbett and turn left onto Corbett. After 3 long blocks turn right onto Abernethy. Go down the hill almost to the corner of Kelly & Abernethy and turn right into the parking lot.

From Macadam Ave./Hwy 43 heading NORTH from Lake Oswego:

Heading north on Macadam Ave. to Boundary (lighted intersection at John's Landing Water Tower). Turn left onto Boundary and go 1 block to Corbett. Turn right onto Corbett. After approx. ¾ mile on Corbett you will turn right (downhill), onto Abernethy. Go down the hill almost to the corner of Kelly & Abernethy and turn right into the parking lot.

Bus Lines:

Bus #43 will drop you at the corner of Abernethy & Corbett. We are 1 block east (downhill). #43 does not run frequently. You may find alternate bus routes, with better scheduling, by utilizing trip planner at www.trimet.org.



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