



Wellness Yoga

A component of the
Wellness, Integrity, and Sustainable
Health Pain Management Program

FACILITATORS

Layna Lewis is an Artist, Muralist, Activist, Director, Producer, Playwright, Educator and Yoga Instructor. Layna teaches a trauma-informed Kundalini Hatha Yoga series. "Moving meditation resets the stress response, restores range of motion and proper alignment, enhances flexibility, deeply relaxes the body, stills the mind, and improves capacity for healing and balancing."

Jennifer Niemeck is a certified yoga instructor (RYT) who completed her training in Brazil in 2012 with a registered Yoga Alliance school, Greenpath Yoga. Jennifer has also completed 150 hours of advanced studies in Yoga as Therapy. She combines gentle movement, breath and sustained attention in her classes for every one and everybody.

Fee

Wellness Yoga is a no-charge component of WISH program. All Quest clients are welcome to attend: \$5—\$10 sliding scale.

TO REGISTER

To become a client of Quest Center, please visit the reception desk or, to register by phone, please call 503.238.5203.

Gentle movement-based yoga

Mondays: 5:15pm—6:15pm

Fridays: 2:00-3:00pm

Location: Quest East

If you are looking for a nurturing, relaxing and sustainable stretching yoga practice -
Wellness Yoga is for you!

"Wellness Yoga is a gentle-based, relaxing practice that combines slow movement, breath work and presence of mind. Through a consistent practice, we believe that one can achieve long, term sustainable results for healing. A gentle yoga practice is a beautiful and thoughtful way to incorporate self-care within an integrative pain management program by reinforcing a healthy lifestyle for both body and mind. All skill levels welcome. No yoga experience is required.

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