



GUDMESTAD
YOGA STUDIO

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 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.
- All props are provided. However, please feel free to bring your own props if you have allergies or concerns about cleanliness.
- Parking is available in our lot, on Kelly or Abernethy Streets. During the daytime students should not park in the 4 spaces that are designated 'Reserved'. After 5 pm it is fine to park in those reserved spaces.

IN CONSIDERATION OF OTHER STUDENTS:

- No fragrances (perfume, aftershave, essential oils, hand lotions, hair spray).
- No heavy, dangling or noisy jewelry.
- Silence your cell phones in our building.

Once again, welcome.

Julie, Stuart, Betsy, Michael, DeeAnn, Beth, Laila, Lance, Anne, Ryan and Terry

Julie Gudmestad Stuart Betsy Allen Michael Sylvester
DeeAnn Douglas Beth Laila Deardorff
Anne Ryan Crosby Terry Whiddell



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CLASS REGISTRATION INFO

- Fill out the YOGA STUDENT INFORMATION (next page) form and mail it along with a \$25 deposit within 7 days of phone registration.
- **Tuition balance** for the term is due by the first class, but you may pay the full amount at time of registration if you choose.
- **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.
- **Credit for a portion of the term** may be issued, at your teacher's discretion, for medical or family emergencies. Credit will be applied to the next yoga term. Please notify the office regarding early withdrawal from the term due to extenuating circumstances.

HOW TO MAKE UP A MISSED CLASS:

- You are strongly encouraged to make up missed classes within the same term. You may 'drop in' to 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 try to come a few minutes early to introduce yourself to the teacher you're doing a make up with. You do not need to make up a class the same week you miss it, and it's OK with us if you may make up classes before you miss them.

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

GUDMESTAD & ASSOCIATES
3903 sw Kelly, suite 210
Portland, OR 97239



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YOGA STUDENT INFORMATION

Today's Date: ___/___/___

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

Name: _____ Date of Birth: ___/___/___

Address: _____

Cell Phone: _____ Home Phone: _____

Email: _____

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?

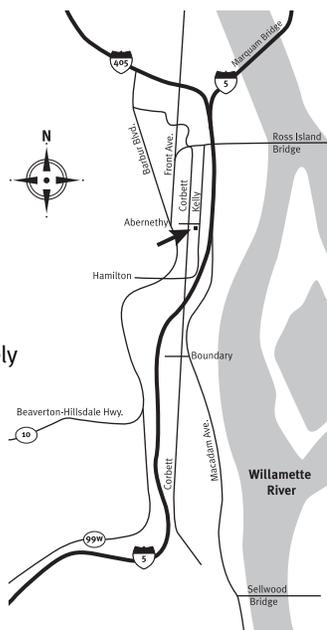
Current physical activities including sports exercise classes and home routines (frequency & hours):

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 & ASSOCIATES -
PHYSICAL THERAPY OFFICES & YOGA STUDIO**

There are many versions of Kelly Ave., and you can't get from one to the other — call if more direction is needed. If stairs are a problem, consider entering the office through our back door, which can be accessed by parking on Abernethy and walking down the sidewalk immediately behind our building to the 2nd door.



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. 1/2 mile, 1st uphill to a 4-way stop, then after 3 long blocks turn right onto Abernethy. Go down the hill 3/4 of a block and turn right into the parking lot before you get to the corner of Kelly & Abernethy.

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. 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 I405 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 off 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. 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 I405 South). You'll pass the big track on the right side of Barbur and go about 1/2 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 3/4 of a block and turn right into the parking lot before the corner of Kelly & Abernethy.

FROM MACADAM AVE./HWY 43 HEADING NORTH FROM LAKE OSWEGO:

Go north on Macadam 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. 3/4 mile on Corbett you will turn right (downhill), onto Abernethy. Go down 3/4 block and turn right into the parking lot before the corner of Kelly & Abernethy.

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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