

Join **ONC** for our monthly program!

Ski Deeper, Ski Longer— Yoga based cross training

Want to add a few inches to your diagonal stride? How about sink a little deeper into that telemark turn? Or release that urban chatter from your mind so you can really notice the sun sparkling in each freshly snow covered branch?

Eugene Lewins will help you prepare for ski season by celebrating the mind/body connection; introducing basic concepts of how to train for balance, flexibility and

strength; and providing some key exercises to practice at home. Come and get inspired about the upcoming season. Eugene is a yoga teacher and instructor for Mazamas outdoor programs. He specializes in bringing the benefits of yoga to the active community, teaching regular classes in cross training for outdoor activities. He personally loves Nordic skiing the most, but gets on the slopes to join his wife for Telemark skiing and his son for Alpine skiing.



Multnomah Arts Center
7688 SW Capitol Highway
Tuesday, November 4
7:30 p.m. Free!

Guests are welcome to join us for a potluck (bring a food dish to share along with your own plate, utensils and beverage) and social hour, 6:30 – 7:30 p.m.

Upcoming Programs:

December 2—Ski and Winter Sports Fair, and Used Equipment Sale