



## Yoga Union

**HEALTH & BEAUTY:** *Best yoga training*

There is a good reason Portland's *Willamette Week* newspaper named Yoga Union as the Best Yoga Studio in town, and that reason is excellence. When owner Julie Wagner started the studio six years ago, she envisioned a friendly, community-oriented place where people of all skill levels could share her passion for yoga. The highly trained, dedicated, longtime instructors at Yoga Union create a personalized experience for their students with classes that offer lots of individual guidance and encouragement. The variety of classes allows students to explore many yoga styles and find a style that meets their needs. Classes include Hot Yoga, which is conducted in a heated room and benefits muscle relaxation and toxin release. You'll find yoga for children and Prenatal and Postnatal Yoga for new moms. Pilates classes offer another avenue to strength and flexibility, and a massage service allows students to relax further following their sessions. Whether you are curious about yoga or are highly experienced, Yoga Union has a program to fit you. Call or drop by Yoga Union Community Wellness Center for a visit, and take that first step toward a healthier you.

2043 SE 50<sup>th</sup> Avenue, Portland OR  
(503) 235-YOGA (9642)  
[www.yogaunioncwc.com](http://www.yogaunioncwc.com)

## Bike N' Hike

**RECREATION:** *One of the nation's  
Top 100 Bicycle Retailers*

Since 1971, Bike N' Hike has been serving Portland's bike community. Started by Al and Dorothy French, the business specializes in all areas of cycling, offering a wide range of bikes, parts and accessories, and full-service repairs. Bike N' Hike takes special care to fit and size bikes according to the rider. In addition to bike sales and service, they also rent skis, snowshoes and snowboards. They proudly sponsor three bike teams, BMX, Beaverton Bicycle Club and Presto Velo, and are one of the largest Giant Bicycle dealers in Oregon. With stores in Albany, Beaverton, Hillsboro, Milwaukie and Corvallis, Bike N' Hike is the source for all of your biking needs.

400 SE Grand Avenue, Portland OR  
(503) 736-1074  
[www.bikenhike.com](http://www.bikenhike.com)

