

YOGA: Programs are free though donations accepted

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a decade ago with the intention of making yoga “accessible and available regardless of age, shape, fitness level or financial status.”

Life.Love.Yoga. will bring their inclusive philosophy to Fir Street Park every Sunday in July, at 11:30 a.m., as part of the Yoga in the Park series at Sisters Farmers Market. Beginners are welcome, along with experienced practitioners.

Gentle Plein-air Yoga will take place July 7 with teacher Maret Pajutee. She described the class this way: “Take it outside with a mellow yoga session at Sisters Farmers Market. Enjoy the sounds, sights, and breezes of summer while practicing a gentle sequence of restorative and hatha yoga to relieve achy neck, shoulders, and back while reducing stress.”

Pajutee’s work at Life.Love.Yoga. focuses on practices for healthy aging and “anytime relaxation for a more fluid body and quieter mind.” Her class at the Farmers Market is suitable for beginners “or anyone wanting to experience the joys of outdoor yoga.”

“I have known yoga as a refuge and good medicine for many stages of my life,” she stated in a bio. “My yoga practice helped me through years of a busy job, and through a bout of hip arthritis and joint replacement surgery.”

On July 14 and 21, instructor Cindy Miskowicz will bring a different kind of movement to Yoga in the Park. Called barre, it is a

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QUILTERS: Duo partners on artistic fabric projects

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“And in every class after that I have learned many new techniques.”

Cobb is a two-dimensional artist, studied art at a university and worked as a graphics artist for Pacific Bell early in her career. She moved to Sisters in 2007 and was bitten by the quilting bug shortly thereafter.

Cobb said, “I’ve always liked to sew and used to make Halloween costumes for myself, including one that was a black widow spider.”

Cobb noted that she doesn’t have a specific style.

“I make my own arrangements and will make large bed quilts and art quilts. I like quilts that are usable because I like art that is functional.”

She added, “I was looking for someone to quilt my fabric tops that are all pieced together along with my back, and through word of mouth I found Betty Anne, who is a long-arm quilter.”

Guadalupe opened her long-arm quilting business, Guadalupe Designs, in 2006.

“I’m a self-taught person although I did grow up in a home where there were quilters,” said Guadalupe. “But didn’t actually make a quilt until I was in my 40s.”

She began quilting in the 1990s, learning the craft from a variety of different teachers while living in California. She didn’t know until later that she was in the process of creating a career in the quilting arts.

“In California I really got enthusiastic about quilting and was a member of a very large guild and we helped each other,” Guadalupe said. “They helped me to expand my knowledge. I was good



PHOTO BY JODI SCHNEIDER

Betty Anne Guadalupe and Susan Cobb display their quilt “We’re All Connected,” which shows African influences.

at quilting from the start and made quilts for my family members.”

When Guadalupe moved to Oregon in 2005, she brought her fabric stash and her sewing machine and started quilting for other people by finishing the quilts for them.

After working in a couple of quilt shops, she bought an industrial long arm quilting machine and works it on a 12-foot table. Guadalupe is now well known for her expertise at long-arm quilting.

During Guadalupe’s quilting career, she has made, donated, and given away many quilts to family and friends.

Guadalupe noted that she is drawn to abstract quilting. “I’ll start with a pile of fabrics and, after I begin piecing, the quilt takes on a life of its own.”

Cobb and Guadalupe both venture out into many different genres of quilting. They both enjoy the creative process and have become close friends.

Cobb said, “It’s an honor to be chosen together as featured quilters. We both got together

right away to approach this as a team and have 14 quilts we are showing.”

Cobb and Guadalupe will be showcasing collaborative pieces and some of their own quilts. Guadalupe did the quilting on all of Cobb’s pieces.

The featured quilters display their work on the corner of Ash Street and Hood Avenue on the grounds of Ponderosa Properties on Quilt Show day, Saturday, July 13.

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Tickets are \$1 each, six for \$5 or go for it, 25 for \$20.

Tickets may be purchased at the Furry Friends office or online at www.furryfriendsfoundation.org

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