

Cannon Beach Yoga Festival held March 6-8

Three-day event features world-renowned instructors

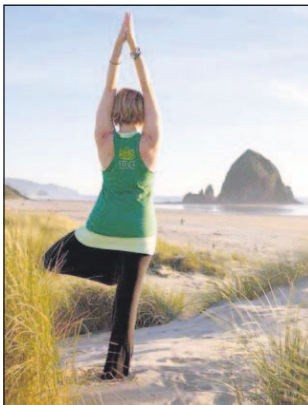
CANNON BEACH — Yoga practitioners of all ages and skill levels will converge on the coast for the fifth annual Cannon Beach Yoga Festival, to be held March 6 through 8.

Over three days, participants can choose from 10 hours of yoga, meditation workshops and other programs presented by world-renowned instructors at different spots throughout town.

“With its inspiring natural surroundings, Cannon Beach is the perfect location for a wellness weekend getaway, and I’m very excited about this year’s program,” Christen Allsop, the festival director and owner of Cannon Beach Yoga Arts, said.

Instructors include:

- Simon Chokoisky, a teacher at the renowned Ayurvedic Institute in New Mexico and author of “The 5 Dharma Types: Vedic Wisdom for Discovering Your Purpose & Destiny”;



Submitted photo

The Cannon Beach Yoga Festival takes place March 6 to 8.

- Julie Gudmestad, a certified Iyengar Yoga teacher and physical therapist, director of Gudmestad Yoga Studio in Portland and columnist for *Yoga Journal*;

- Sarahjoy Marsh, a yoga teacher, therapist and founder of DAYA Foundation, a non-profit yoga center in Portland;

- Brad Waites, one of a few

to be certified at the 2,000-hour level by the College of Purna Yoga, and who is currently a member of the college faculty.

The line-up also includes Dave Stringer, one of the most innovative artists of the new Kirtan (call and response chant) movement. Stringer has recorded six CDs and lent his voice to the soundtracks of the film “The Matrix Revolutions” and the video game “Myst.”

Full festival passes are \$375 and include your choice of 10 hours of main track workshops, morning meditation on Saturday and Sunday, Saturday night Kirtan and opening and closing ceremonies.

Additional optional workshops and lectures are also available throughout the weekend. Partial festival passes are priced between \$20 and \$125. Saturday-only passes are \$210, and Sunday-only passes are \$190.

“There’s a ton of flexibility built into (the festival),” Allsop said. “It depends on how involved they want to be.”

A portion of the festival proceeds supports the preservation efforts of Cannon Beach’s non-profit environmental education organization, Friends of Haystack Rock.

Several Cannon Beach hotels and resorts are offering lodging specials and spa packages for the festival, including Cannon Beach Vacation Rentals, Hallmark Resort & Spa, Inn at Cannon Beach, Land’s End at Cannon Beach, Sea Ranch Resort, Sea Sprite Guest Lodgings, Surfsand Resort, The Ocean Lodge, Tolovana Inn and Vacasa Rentals of Cannon Beach.

Local shops, restaurants and wellness businesses will also offer specials during the weekend.

For a full schedule of events, instructors, lodging packages or to purchase tickets, visit www.CannonBeachYogaFestival.com, or call Allsop at 503-440-1649.

Kids, learn the theater arts

Coaster Theatre holds spring break camp

CANNON BEACH — The Coaster Theatre Playhouse holds two to three Kidz camps each year. Each camp focuses on three common aspects of theater arts: acting, singing and dancing. In addition to improving confidence and creativity, campers are exposed to teamwork, respect and unlimited imagination while creating a show of their own.

The 2015 Spring Break Theatre Arts Camp will be “Willy Wonka’s Chocolate Factory.” For ages 8 and up, this camp runs from 10 a.m. to 4 p.m. Monday through Friday, March 23 to 27. Cost is \$115 per camper. Scholarships are available; contact the Coaster Theatre for more information.

Download a registration

form at <http://coastertheatre.com/coaster-kidz>

Using “Charlie and the Chocolate Factory,” campers will develop a character; memorize lines, lyrics and blocking; and participate in the creation of costumes and props. The last day of the session, campers will present the show they have created for family and friends.

The camp will be taught by Coaster Theatre Executive Director Patrick Lathrop and music teacher and musician Kirk Valles.

Camp meets at the Coaster Theatre Playhouse, located at 108 N. Hemlock St.

For more information, call 503-436-0609 or email executivedirector@coastertheatre.com

Download a registration form at <http://coastertheatre.com/coaster-kidz>

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