

Sign up for nature journaling workshop

Dorota Haber-Lehigh to lead class at Circle Creek June 7

SEASIDE — Explore the beauty and mystery of the coastal landscape through nature journaling. Learn how to capture observations and impressions in word and art. Strengthen a connection with the natural world by careful observation and recording of things seen, felt, heard or taste.

Start or continue a nature journal in a Cannon Beach Arts Association workshop led by local botanical artist Dorota Haber-Lehigh from 10 a.m. to 12:30 p.m. Sunday, June 7 at the Circle Creek Habitat Reserve, off U.S. Highway 101. The

workshop is ideal for artists, naturalists, hikers or birders. All levels are welcomed. Children under 12 years old should be accompanied by an adult. Cost for the workshop is \$30.

Circle Creek Habitat Reserve is an area of land conserved by the North Coast Land Conservancy, a private land trust operating on the North Coast of Oregon from Lincoln City to Astoria. Katie Voelke, executive director of NCLC, will provide an opening message about the land trust and about the site where the workshop will be conducted.

There will be a short discussion on why to use nature journaling and how to go about creating a nature journal. Attendees will explore the habitat reserve and have time for hands-on journaling. Everyone will receive a copy of Haber-Lehigh's coloring and reading book "Native Berries of the Coastal Pacific Northwest" for future reference.

Haber-Lehigh is an educator, artist and a forager. She will share her knowledge of nature journaling and plants.

Attendees should bring a sketchbook of choice; pencil

2B or 4B, writing utensil (Pigma Micron black pen 005 or 01 is recommended) and other media of choice (color pencils or watercolors). Other supplies should include water, snacks comfortable clothing suitable for the outdoors and weather appropriate such as a sun hat, sunglasses, comfortable shoes and rain jacket. There are no restrooms available at Circle Creek. There will be light walking on uneven terrain. For those attending who are unable to walk or would prefer to sit while sketching, a light camping chair is suggested.

Space is limited. To register, call the Cannon Beach Arts Association at 503-436-0744.



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Dorota Haber-Lehigh will lead a nature journaling workshop Sunday, June 7 in Seaside.

Seaside Yoga adds qigong, donation-based community class, kids yoga this summer

SEASIDE — In an effort to accommodate a growing yoga community, Seaside Yoga Studio & Retreat Center has added qigong and a donation-based community flow class to its summer schedule. The new schedule also includes a yin yoga class and maintains other favorites like gentle yoga, all-levels hatha flow, ashtanga vinyasa flow and Sunday serenity.

Qigong is a form of exercise and meditation that began thousands of years ago in China. Similar to tai chi, the practice is simple and easy to learn, using slow, focused body movements and breath work to help cultivate and balance the flow of qi or, life energy, in the body. Practicing qigong works to strengthen the immune system, improve balance, strengthen joints and tendons, relieve stress and calm the heart.

Janet Maher, who is now offering qigong at Seaside Yoga on Tuesdays from 11 a.m. to noon, studied medical qigong through the Ling Gui International Healing Qigong School. She is certified in several forms, including: Eight Treasures for healthy joints and tendons; Jade Woman for women's health; and One Thousand Hands Buddha, a



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Seaside Yoga Studio will host free kids yoga classes during the Seaside Farmers Market, starting June 17.

seated meditation form that focuses the mind and calms the heart. Maher also teaches a walking qigong called xixihu. Eight Treasures, the series Maher is teaching now, includes instruction for daily self massage and techniques for stress reduction and breaking up stagnation to encourage better energy flow in the body.

"Practicing qigong has been life changing for me physically, emotionally and spiritually. I am happy to be able to share this ancient method so all can experience the healing power of qigong," says Maher of her new class at Seaside Yoga.

Seaside Yoga has also added an all-levels donation-based community flow

class on Thursday mornings from 8 to 9 a.m. with Lorri Thompson. Donations of \$5 to \$10 are encouraged and go toward payment to the instructor.

"A donation-based class is something I have been wanting to get off the ground since we opened a year ago," says Kristin Tschannen, owner and instructor at Seaside Yoga



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Studio & Retreat Center.

"This is our way of making yoga available to anyone in the community who wants to learn the practice. We encourage a \$5 to \$10 donation; however, we understand if students can donate \$2 one week and \$3 the next. Our intention is to make classes accessible to those who were previously deterred because of cost."

Additionally, beginning June 17, Tschannen will be offering a free kids yoga class for all ages at the Seaside Farmers Market.

"I think it's important to support other efforts and or-

ganizations that are bringing new and varied opportunities for health and wellness activities and events to Seaside," says Tschannen. "We had a great turnout for the kids' class at the market last year, and I hope they continue to bring a bigger audience to the market so I can do my part to help it thrive."

If you are interested in attending a class or event at Seaside Yoga, visit the website to see the full schedule of classes and calendar of events at www.seasideyogaretreats.com. Seaside Yoga is located at 609 Broadway. North Coast locals get the first class free.