

Breathe, ask, allow, listen, love at RiversZen

Becky Eshelman to lead personal growth workshop July 17

ASTORIA — RiversZen Yoga and Resistance Stretching Studio will offer a “BAALL” (Breathe, Ask, Allow, Listen, Love) Process Workshop from 7 to 9 p.m. Friday, July 17. The workshop costs \$25.

The workshop will be led by Becky Eshelman, who is an intuitive, a person who works with intuitive counseling, spiritual guidance, relationship and family healing, energy work, meditation and mystical listening.

The BAALL method is a physical, spiritual and personal system of growth for those who like to “play” their way out of the frantic pace of life’s distractions. During the course of the day it’s easy not to hear our intuition, our inner voice; that’s when we get off our path. In this Playshop and supportive environment, attendees have the opportunity to tune in to what is most important by learning ways to gain clarity, empower decision making and

BAALL Process Workshop

7 to 9 p.m. Friday, July 17

RiversZen Yoga Studio

399 31st St., Astoria

<http://RiversZen.com>

\$25

discover their gifts.

The workshop aims to give attendees insight into daily life choices. Participants might be asking these types of questions: Who am I? What kind of person do I want to be? What if my life doesn’t look like I thought it would? How do I bring more of my gifts to the table? And how can intuition play a part in the process?

The BAALL process seeks to nourish the creative spirit, gain clarity on direction, dismantle

what holds you back, discover and enhance your intuitive gifts, strengthen your healing abilities and connect you with dynamic like-minded people. Read more about the BAALL process at www.baallprocess.com

On Saturday and Sunday, July 18 and 19, Eshelman will also offer private, by-appointment-only readings and sessions at RiversZen. Ten-minute card readings are available from 9 to 10 a.m. One-hour sessions are available from 10 a.m. to 5 p.m. and will include intuitive guidance/coaching, card reading, energy work/reiki and medical intuitive reading. Single sessions are \$65, two sessions are \$120.

For more information go to www.illuminated-life.com. To schedule your session, visit <http://RiversZen.com> or call RiversZen at 503-440-3554. The RiversZen Yoga and Resistance Studio is located at 399 31st St. on the Astoria Riverwalk.

Former Astorian jazz vocalist returns

Kelley Shannon, pianist George Colligan to play at KALA

ASTORIA — KALA presents vocalist Kelley Shannon and internationally acclaimed pianist George Colligan for an intimate evening of jazz at 8 p.m. Wednesday, July 22. Shannon and Colligan perform standards and originals by both artists. Doors open at 7:30 p.m.; admission is \$8. Cocktails and light fare will be available at the bar.

It’s a heck of a homecoming for a globetrotting songbird who first spread her wings in the company of Astoria’s famous coterie of painters. Shannon broke out her vocal chops as a teen at former Astoria art gallery in Astoria The Pacific Rim. Owned by her mother, Patricia Shannon, the gallery hosted Friday night jazz sessions.

Currently residing in Baltimore, Maryland, Shannon spent numerous years on the Portland jazz scene. It was there a few years back that she met George Colligan in a club. She describes their music collaboration as “That immediate kitten-and-a-string energy, real happy. The fascination factor was there right away. He’s just an incredible player.”

Colligan boasts an incomparable resume as one of America’s elite jazz pianists. He has appeared on over 100 albums since 1992 as sideman, composer or bandleader, including appearances with Cassandra Wilson, Don Byron, Buster Williams and Lonnie Plaxico, and served on the faculty of The Julliard School and Portland State University.

At the upcoming KALA show, “I don’t even know what’s gonna happen but I know it’s gonna be wonderful. It’s a beautiful conversation,” says Shannon. The two enjoy an improvisational chemistry and possess the technical chops to bring their bipartite vision to life.

KALA is located at 1017 Marine Drive. For more information, call 503-338-4878.



Submitted photo

Former Astorian and jazz vocalist Kelley Shannon will return to perform an intimate night of jazz at KALA on July 22.



Submitted photo

Elite jazz pianist George Colligan will perform with Kelley Shannon at KALA on July 22.

Jazz night

8 p.m. Wednesday, July 22

KALA

1017 Marine Drive, Astoria

503-338-4878 • \$8

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