

Learn how to become your best self with yoga philosophy

Astoria Co-op Grocery presents monthly Beers to Your Health talk at Fort George

ASTORIA — In the main philosophy of yoga, body, mind and spirit are one and cannot be separated.

There is much more to yoga than the physical postures (also called asanas), which is the most widely practiced yoga technique in the Western world. In fact there are entire historic philosophies behind these exercises — one such philosophy is called Tantra Yoga, offering meditation, mantra (sound), visualization,

lifestyle changes, and other tools that help lead one to enlightenment and ultimately a better self.

Yoga teacher Dawn Hanson will help others understand the roots of yoga and yoga philosophy at Astoria Cop-op Grocery's next Beers to Your Health talk, set for 7 p.m. Thursday, Jan. 14 at the Fort George Lovell Showroom. The event is free and open to all ages. Doors open at 6 p.m., and food and drink

is available from the taproom.

Hanson own and operates Sitka Yoga Studio in Astoria. Hanson's yoga practice began as a haven from a hectic life schedule. She has studied a wide variety of yoga disciplines, with several world-renowned instructors, receiving her formal 500-hour yoga teacher certification from Yandara Yoga Institute.

"Once you know the philosophy, it's easier to tap into the techniques to be able to

enhance or spark your spiritual practice. A spiritual practice, in a yoga context, is about becoming your best/highest self," Hanson said.

Hanson says you don't have to be a yogi to gain from her presentation; it's for anyone who's interested in philosophy, history or finding a greater purpose in life. The timing of this talk is in line with the idea in yoga philosophy that winter to summer solstice is a time for awakening



Submitted photo

Dawn Hanson of Sitka Yoga Studio will speak about yoga philosophy Jan. 14 in Astoria.

consciousness — becoming aware of how we're living and progressing in the journey of life.

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