

# 'Exceptional teaching' in a pristine place

## Sixth annual Cannon Beach Yoga Festival has new classes, extra day

Story by LYRA FONTAINE  
EO Media Group

The sixth Cannon Beach Yoga Festival will be the longest yet, from Friday, Feb. 26 through Monday, Feb. 29. This is because Monday falls on a leap year, which founder and director Christen Allsop says is "auspicious."

Notable new events include an Indian dance workshop and party, a gemstone healing intensive, and a marketing class for yoga professionals.

Cannon Beach Yoga Festival is different from big yoga conferences that are located in a single setting, such as a convention center.

"This is a way to experience a beautiful environment in different venues," Allsop said. "We've got this beautiful, pristine place, and we want to offer exceptional teaching."

Allsop has studied yoga in India and New York City. After teaching yoga in Cannon Beach for 15 years, she opened the Cannon Beach Yoga Arts studio five years ago.

"It's a lifelong learning process," she said of teaching and practicing yoga.

The yoga festival is funded by the city's lodging tax, which is designated for non-profit events.

"The funding makes it possible to bring amazing master teachers from all over the country," Allsop said.

The full festival pass is \$375, the Saturday pass is \$210, and the Sunday pass is \$190. People can now sign up for main track workshops individually.

The event is expected to have about 175 people, with the majority of yogis in attendance coming from Seattle and Portland. Cannon Beach Yoga Arts will serve as a central hub or headquarters for the event. A shuttle will take attendees to events at Tolo-



Students at the 2015 yoga festival.



A teacher leads a yoga class at a recent festival.

vana Inn, Hallmark Resort, Cannon Beach Chamber Hall and Sea Ranch Resort.

"In the past five years, the growth of yoga has been so exponential," Allsop said, adding that it is harder than ever to find master teachers who aren't booked two or three years in advance.

She carefully selected this year's master class teachers to create a well-rounded program that would draw a variety of people.

Julie Gudmestad's workshop focusing on anatomy awareness of lower back, hips and pelvis during poses will appeal to yoga professionals and advanced practitioners, she said, while Sarahjoy Marsh's therapeutic

workshops that address how yoga is connected to addiction, recovery, love and belonging may interest mental health professionals. Lovers of language will enjoy Simon Chokoisky's class on learning the ancient language of Sanskrit. Brad Waites teaches a class on the origins of sun salutations, a key movement series in yoga, as well as a course on how to achieve "wheel" pose.

There are also optional workshops to choose from, including Prashant Kakad's beginning bhangra and Bollywood dance class. A Bollywood dance party will take place at Sea Ranch Resort on Saturday night.

Kids' classes include fig-



Submitted photo/Cannon Beach Gazette  
Cannon Beach yoga students practice poses.

### Need-to-know Sanskrit terms:

**Asana:** physical postures in yoga such as tree pose, warrior pose or downward dog.

**Ayurveda:** a 5,000-year-old system of natural medicine from India that helps optimize individuals' health and balance.

**Namaste:** a term that means "I bow to you" that can be said for a greeting, goodbye or to recognize the light and wisdom in others.

ure drawing with local artist Dave Kinhan and imagination yoga.

Friday night will see the opening ceremony. Advanced holistic nurse Kathleen Bell will lead morning meditations on Saturday and Sunday.

Master classes can be beginner-friendly, Allsop says, particularly if they deal with matters of yoga philosophy and not just yoga poses, called "asanas."

Jeevani Eigen will teach courses on ayurveda, an ancient East Indian philosophy for healing and longevity. Star Weitman and Dr. Ada Gonzalez are leading a workshop on quantum healing with gemstone energy medicine.

## Columbia Memorial hosts art show by local pediatrician

ASTORIA — Columbia Memorial Hospital will unveil a new art exhibit with photography by pediatrician Dr. "Ram" Madhavarapu. The show, entitled "Serenity," features Northwest landscapes and Portland nightscapes.

It opens with an artist reception from 4:30 to 6 p.m. Thursday, March 3 in the Columbia Memorial Hospital Health and Wellness Pavilion, located at 2265 Exchange St.

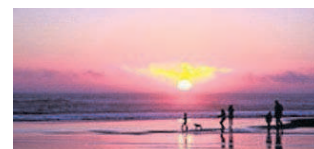
Prints will be available for purchase and proceeds will be donated to the CMH Auxiliary.

Madhavarapu's photography is dynamic and worldly. He has been passionate about photography since age 14 because it captures a moment in time, allowing the viewer to recall a memory with ease. Madhavarapu said he "especially loves the Northwest landscapes" and feels like he never has enough time to capture all the beauty he sees.

Madhavarapu attended medical school in India, completed specialized training in neonatology in England and Ireland, and worked on the East Coast before moving to Astoria 12 years



Submitted photo  
Dr. "Ram" Madhavarapu, as depicted by a street artist in Italy.



Submitted photo  
"Playing at the Edge of the World" by Madhavarapu.

ago. He is a well-loved pediatric physician in the CMH Pediatric Clinic.

For more information about the show, call 503-325-4321.

**ASTORIA**  
**COFFEEHOUSE & BISTRO**

243 11th Street, Astoria, OR 97103  
503-325-1787  
www.AstoriaCoffeeHouse.com

Follow & "Like" us on Facebook

**Open 7am Daily!**

**SERVING BREAKFAST, LUNCH & SUPPER**

European Style Coffeehouse by day, intimate bistro offering neo-regional cuisine by night.

Regional selection of beers, wines and vintage cocktails available.

**We cater your event!**

**Weekly Specials: 5-8 PM**

Sushi & Martinis Mondays  
Taco & Margarita Thursdays (3 Buck Tacos)