



SUBMITTED PHOTO

Artist Shirley Dahlsten will teach a painting class this fall.

Shirely Dahlsten to teach new 10-week painting class

GEARHART — A new painting class will be offered beginning Thursday, Oct. 6 at the Trail's End Art Association.

In this the latest addition to her "Classical and Futuristic Art Series," artist and author Shirley Dahlsten will instruct students in drawing and painting.

The main focus of the class remains on challenging beginners and professionals to dive into new areas of creative adventure. All painting mediums are invited.

The class will include a variety of painting activities featuring demonstrations, models, drawing, still life

set up, abstract painting, critiques, art history, studio work time and more.

Orientation begins from 10 a.m. to 1 p.m. Oct. 6 (1 to 3 p.m. is open studio).

The class runs for 10 weeks with a \$65 fee payable at the first meeting. A portion will be donated to the Trail's End Art Association, which is located at 656 A St. The fee does not include materials. Scholarships is available based on need. No advance registration is required.

For more information, contact instructor Shirley Dahlsten at 503-325-1514 or jandsdahlsten@gmail.com

RiversZen Yoga opens second location in Ilwaco

Attend a grand opening party at the second location on Oct. 1

ILWACO, Wash. — The owners of RiversZen Yoga and Ki-Hara Stretching Studio of Astoria will host a grand opening celebration from noon to 5 p.m. Saturday Oct. 1 in honor of their new, second location.

"After many appeals from loyal students in the yoga community on the Washington side, we worked to seek a location in southwest Washington to fill their needs," RiverZen Yoga owner-operator Dave Stevens says.

The new yoga studio is located at 177 Howerton Way, right on the waterfront of Ilwaco, Washington, with full window views of the harbor.

"We feel this is yet an-

other magical place, like our location on the Riverwalk in Astoria, for group classes and private sessions designed to help you 'Move Well, Stay Healthy and Be Happy,'" Stevens says, quoting the yoga studio's motto.

The grand opening event will feature free community yoga, stretching, snacks, and prizes for attendees to win, including yoga and stretching class packages, a Kindle Fire, yoga mats, straps and other fun goodies.

This new location will offer some of the same group classes offered at RiversZen Yoga in Astoria, such as Hatha yoga, resistance stretching, pilates and more, led by the studio's experienced instructors, including Peggy Stevens, Chandra Stevens and Mario Wilson.

Students who purchase class packages or memberships can attend class at either location in Astoria or Ilwaco.



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From left: RiverZen Yoga Studio co-owners Peggy and Dave Stevens stand with certified Ki-Hara trainers Chandra Stevens and Kimberly Gibbs, as well as Chris and Juliana Gibbs at RiverZen's new, second location in Ilwaco, Washington, which will hold a grand opening celebration on Saturday, Oct. 1.

Registration for classes starts Monday, Oct. 3 and will be held at 7 a.m., 10:30 a.m. and 6 p.m., with more classes to be added. Basic yoga equipment, such as mats, straps and blocks are provided. The first visit to RiverZen Yoga is free.

If you are interested in becoming part of the studio's team of instructors in yoga or group fitness at this new

location, contact them at info@riverszen.com or call 503-440-3554.

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio in Astoria is located at 399 31st St.

For questions or more information about RiversZen, call co-owner Peggy Stevens at 503-440-3554, email info@riverszen.com, or visit riverszen.com

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Crossword Answer

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FREE ACTORS WORKSHOP

SPEAKING FOR THE STAGE & FREEING THE ACTORS IMAGINATION

Sunday, October 2, 2016

Time: 6:00pm - 7:00pm All Ages Welcome*

Location: Coaster Theatre Playhouse

Join the cast of Coaster Theatre's **It's a Wonderful Life** for a workshop focusing on speaking & vocal projection for the stage and freeing the actors imagination through acting exercises.

Visit coastertheatre.com/calendar/auditions for more information. R.S.V.P. to 503-436-0609 to insure a spot in the workshops.

*Participants under the age of 12 must be accompanied by an adult.