

Yoga festival offers upcoming weekend of workshops with renowned instructors

Register now for the seventh annual Cannon Beach Yoga Festival

CANNON BEACH—Yoga instructors and practitioners of all levels can participate in yoga workshops, meditation classes and other programs over four days at the seventh annual Cannon Beach Yoga Festival, to be held Feb. 24 to 27. A line-up of world-renowned yoga teachers will present programs for yoga professionals and enthusiasts.

Guest instructors include Alan and Sarah Finger, co-founders of ISHTA Yoga and the style's namesake studios in Manhattan; Julie Gudmestad, a certified Iyengar yoga teacher and physical therapist, director of Gudmestad Yoga Studio in Portland and columnist for Yoga Journal; Sarahjoy Marsh, a yoga teacher, therapist and founder of DAYA Foundation, a nonprofit yoga center in Portland; and Aadil Palkhivala, author of the book "Fire of Love," co-owner of Alive & Shine Center in Bellevue, Washington, and co-founder of internationally acclaimed



SUBMITTED PHOTO BY SARAH MCALLISTER PHOTOGRAPHY

Guest instructors include Julie Gudmestad, a certified Iyengar yoga teacher and physical therapist.

advanced yoga-asana teacher training program of Purna Yoga College.

A variety of classes will be offered including opportunities for yogis of all ages and experience levels. Highlights include a four-part series on Anatomy Awareness in Asana, designed to acquaint participants with anatomical vocabulary, musculoskeletal structures and movement

patterns in relation to the yoga asanas.

Yoga Figure Drawing will be offered again this year, as well as a Saturday class on Forward Bending to soothe the heart and nerves and the popular Saturday night Bollywood Dance Party, among others.

Full Festival Passes for the Cannon Beach Yoga Festival are \$375 for Saturday and

Sunday. Participants can also choose to purchase a Saturday Pass for \$210 or a Sunday Pass for \$190. Individual events and workshops are priced between \$30 and \$175.

For a full schedule of events, list of instructors or to purchase tickets for the Cannon Beach Yoga Festival, visit www.CannonBeachYogaFestival.com or call Christen Allsop at 503-440-1649.

Hear Americana soul music in Seaview

SEAVIEW, Wash. — Nathan Earle and Juliet Howard of The Get Ahead will bring their stripped-down Americana soul music to the Sou'Wester Lodge.

The free performance will take place at 8 p.m. Saturday, Jan. 7.

A son of the flint hills of eastern Kansas, Earle brings a soulful depth to the singer-songwriter genre with impassioned vocal delivery and introspective storytelling. Howard lends her sweet and sultry vocals.


Together, the pair create a vocal landscape of joy, love and longing.



SUBMITTED PHOTO



Nathan Earle and Juliet Howard of The Get Ahead will perform Jan. 7 in Seaview, Washington.

The Sou'Wester Lodge is located at 3728 J Place. For more information, call 360-642-2542.



EVENTS


894 COMMERCIAL STREET
503*325*4356

<p style="text-align: center;">THURSDAYS 6-11PM</p> <p style="text-align: center;">Open Mic & Jam Session Port of Call Bistro & Bar</p>	<p style="text-align: center;">LAST SUNDAY OF EVERY MONTH!</p> <p style="text-align: center;">Pacific Northwest Professional Wrestling \$10</p> <p style="text-align: center;">Astoria Event Center Doors Open at 4:30PM</p>
<p>PORT OF CALL SPECIALS</p> <ul style="list-style-type: none"> • Mon-Wed: Closed for winter hours • Thursday: Burger and draft beer for \$10 • Breakfast every Sat and Sun-open at 10am • Sunday: \$10 Bloody Mary Bar-10am to 2pm. Active military appreciation day 20% off with proof of service. \$10 bottomless mimosa's for 2 hours between 10am to 2pm. 	
<p style="text-align: center;">SUNDAY-FOOTBALL TICKET</p> <p style="text-align: right; font-size: small;">(LIFE-SIZED JENGA, CORN HOLE) Come in for the Bloody Mary bar!</p>	
<p style="text-align: center;">WEDNESDAY, JANUARY 11 * 1-7PM</p> <p style="text-align: center;">Astoria Event Center</p> <p style="text-align: center;">LOWER COLUMBIA HISPANIC COUNCIL HEALTH FAIR</p> <p style="text-align: center;">FREE HEALTH SCREENING: Blood pressure, BMI and body composition from 3-5pm, provided by Columbia Memorial Hospital.</p> <div style="text-align: right; border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> <p style="font-size: x-small; margin: 0;">RAFFLES AND FREEBIES!</p> </div>	
<p style="text-align: center;">FUNDRAISER FOR PIERCE CHRISTIE</p> <p style="text-align: center;">SATURDAY, JANUARY 21 * 8PM- MIDNIGHT</p> <p style="text-align: center;">Astoria Event Center</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p style="font-size: x-small; margin: 0;">Donations at the door</p> </div> <div style="text-align: center;">  <p style="font-size: x-small; margin: 0;">Bruce Thomas Smith</p> </div> <div style="text-align: center;">  <p style="font-size: x-small; margin: 0;">PAGAN PANCAKES</p> </div> </div> <p style="text-align: center; font-size: large; font-weight: bold; margin-top: 10px;">And MORE!</p>	

Cargo

Let Us Overwhelm You!

240 11TH STREET
ASTORIA, OR 97103



CARRUTHERS

1198 COMMERCIAL STREET
ASTORIA, OREGON 97103
503.975.5305

Happy Hour

Tuesday-Friday
4pm-6pm and
8:30-Close