

## RiversZen Yoga and Resistance Stretching Studios celebrates five years

ASTORIA — The RiversZen Yoga and Resistance Stretching Studios (399 31st St. on the Astoria Riverwalk) is celebrating its fifth anniversary 6 p.m. to 10 p.m. Saturday, April 29, with a casual musical evening get-together.

This will be an open house at RiversZen's studios over the waves of the Columbia River in Astoria. The public is invited.

"We especially want to reach out to our RiversZen's yoga community to be a part of the par-

ty held in honor of our wonderful team of healers at RiversZen," the studio wrote.

Feel free to bring a loved one, and a snack and drink to share, along with a musical instrument.

For more information, contact the party's hostess, Judith Niland, at [jniland@pacifier.com](mailto:jniland@pacifier.com) or 503-791-1037.

For more information about RiversZen, email [info@riverszen.com](mailto:info@riverszen.com) or call 503-440-3554. Visit [riverszen.com](http://riverszen.com) or Facebook RiversZen.

## Sou'wester lodge holds music event to mark launch of artist residency

SEAVIEW — The Sou'wester Lodge is celebrating five years under its current ownership and the launching of its nonprofit artist residency with weekend music performances representing the spectrum of artistic traditions that the organization has supported. This event is free and open to the public.

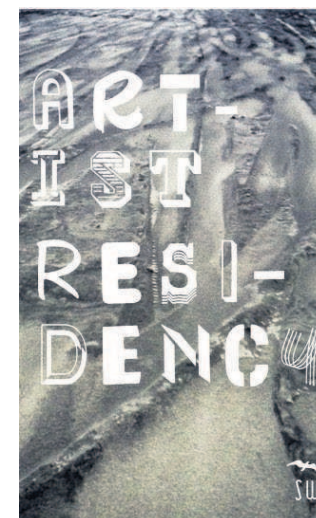
From 5 p.m. to 12:30 a.m. Saturday, April 29 — an evening that will have a beer garden — bands will play in the lodge, pavilion and outside Cabin 10:

- 5 to 6 p.m.: Plastic Pussy
- 6:30 to 8 p.m.: Rachel Blumberg and Califone
- 8 to 9:30 p.m.: The Pynnales
- 10 to 11 p.m.:



The Sou'wester Lodge

SUBMITTED PHOTO



Special guests

The new nonprofit is "the umbrella under which we will continue to host free live music weekly, develop our workshop series and facilitate our artist in residency program," a spokesperson for Sou'wester said. "It will also allow us to collaborate more with local and regional arts organizations."

Cookie Parker (late-night dance party)

From 10 a.m. to 1 p.m. Sunday, April 30, in the lodge:

- 10 a.m.: Shelley Short and Darren
- 11 a.m.: The Blue Flowers
- Noon to 1 p.m.:

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