

WEAVES OF CLASS

SEAVIEW, WASH. — Explore creative meditation through the use of flower essences and the ancient craft of weaving with the class “Busy Hands Quiet Minds: Weaving as Meditation,” 10 a.m. to 4 p.m. Sunday, Feb. 25, at the Sou’wester Lodge (3728 J Place, Seaview, Washington).

An optional meet-and-greet will be held 7 p.m. Saturday, Feb. 24, followed by an optional bedtime meditation.

Weaving is a methodical and slow practice. As our hands get involved with each stitch, our minds are free to rest from our conscious stream of thought. It is in this state of quiet that we are best able to hear our creative voice and let it shine.

Instructors Natalie Novak and Samantha LaMont will be your guides as you use these simple, traditional tools to enter a meditative state. Join this class and learn not only how to weave, but also how weaving can be a tool used daily for self-care and meditation.

Students will leave with the flower essences we use in class, plus a complete weaving kit that includes a frame loom, essential weaving tools, illustrated instructions, yarn and a special tote to carry it all home in.

Novak, a Portland artist, works primarily in tapestry, drawing from ancient and contemporary weaving techniques to explore color relationships and modern mysticism.

LaMont — a weaver, painter and teacher living in Portland — creates ritual art and cultivates a practice of being through guided meditation and flower exploration.

This workshop is for all



COURTESY SOU'WESTER LODGE

Creative weaving



COURTESY SOU'WESTER LODGE
Natalie Novak, a Portland artist

ages, but minors must be accompanied by an adult. A total of 14 students will be allowed.

RSVP via souwesterfrontdesk@gmail.com or 360-642-2542.

The cost is \$40, plus a \$65 material fee paid directly to the instructor. Bring a sack lunch and/or snack; hot tea and coffee will be provided.

This class is part of the



COURTESY SOU'WESTER LODGE
Samantha LaMont, an artist and teacher living in Portland

Sou’wester’s fall/winter 2017-18 workshop series. Visit souwesterlodge.com/calendar to see the entire schedule of more than 28 artist-led workshops.

Learn the healing touch at Sou’wester

SEAVIEW, WASH. — Jason Tschimperle, the proprietor of Mamook Wellness at Sou’wester Lodge, will give a workshop, “Hands on Healing for the People,” 11 a.m. to 3 p.m. Sunday, Feb. 25.

Inspired by the Reiki tradition of hands-on energetic medicine, this workshop includes a discussion on energy, medicine, meditation, breath work and a loving routine for helping others come to calm and wholeness.

Tschimperle is a meditation instructor, sound healer and therapeutic bodyworker.



COURTESY SOU'WESTER LODGE
Healing hands

This workshop is geared toward adults, and the cost

is \$40. A maximum of six students will be allowed to attend. RSVP via souwesterfrontdesk@gmail.com or 360-642-2542.

Bring a notebook, and wear comfortable clothing. Also bring a sack lunch and/or snack; hot tea and coffee will be provided.

The Sou’wester is located at 3728 J Place, Seaview, Washington. This class is part of the Sou’wester’s fall/winter 2017-18 workshop series. Visit souwesterlodge.com/calendar to see the entire schedule of more than 28 artist-led workshops.



COURTESY SOU'WESTER LODGE

The Sou’wester Staff Art Show runs through Sunday, Feb. 25.

Last chance to see Sou’wester Staff Art Show

SEAVIEW, WASH. — Time is running out to see the Sou’wester Staff Art Show in a vintage travel trailer turned into a permanent gallery. The show runs through Sunday, Feb. 25.

All artwork in this exhibit is original work made by artists who work at the Sou’wester Lodge.

The space is open 9 a.m.

to 9 p.m. Friday through Sunday and by request: Stop in at the lodge’s front desk, and we’ll open the gallery for you.

The trailer is a 1960s Aloha made in Aloha, Oregon. It was rescued from a neglected RV park in the northern part of the Long Beach Peninsula. Now repaired and transformed into an art space, this

gallery is part of our artist residency program and our new nonprofit organization, Sou’wester Arts.

The next show will be open Friday, March 2, through Sunday, March 4, and feature artist Lisa Ward as part of Spaceness 2018, an arts festival at the Sou’wester, free and open to the public.