



COURTESY CRISTINE SHADE

Coastal Emersion harnesses women's strength

ASTORIA — Restore and nurture your inner vibrancy as a woman at the second annual Coastal Emersion 9 a.m. to 4 p.m. Saturday, March 17. Tickets are \$98 each. Pre-registration is required.

The event will be held at Camp Kiwanilong, nestled in the forest between Seaside and Astoria. The live gathering will be hosted by Angela Sidlo, a certified health coach and Amazon bestselling co-author of "The Silver Linings Storybook."

The keynote speaker, Amy Magella Gigena — author of the award-winning book "HeartLight" — will guide the group on a metaphoric journey through the discovery of the truest self. Gigena is a health advocate, author and visionary consultant.

In addition to our keynote speaker, guests of Coastal Emersion will be treated to four workshops on Ayurvedic medicine with wellness coach Yuri McGaha; classic Egyptian-style belly dancing

with Sarah Dailey; exploring narratives through journaling with writer Heather Douglas; letting go of energy that lowers your vibration with entrepreneur Denise Faddis; and a journey into the high-energy frequency of aromatic plant medicine with holistic health practitioner Angela Sidlo.

A locally sourced, vegan, gluten-free organic lunch will be provided on site, as well as vendors offering handmade jewelry, books, aromatherapy products and more.

Guests will also have a unique opportunity to visit with Gigena as well as explore the beautiful trails around the lodge with new-found friends.

For more information, and to register, visit eventbrite.ca/e/coastal-emersion-a-womens-gathering-tickets-28341056864 — enter promo code VIBE2018 for discounts to purchase tickets, or contact Sidlo at 503-338-9921 or angela.sidlo@gmail.com.

Yoga Gypsy offers two workshops

ASTORIA — Yoga Gypsy Sally Anderson, will hold two yoga workshops in March in the "Little Red Building" (399 31st St.) in East Astoria on the Columbia River.

The first is a "Beginner's Workshop" 10 a.m. to noon Saturday, March 17. This workshop is designed for those new to yoga or a refresher course to understand the finer details, language and alignment of Hatha Yoga practice in a comfortable, friendly setting. Introduce yourself to the benefits of yoga, or invite a friend who's been wanting to try yoga but not sure how to enter a class.

Yoga etiquette and studio basics will be covered, as well as a number of foundational poses and the alignment queuing and language for those poses. Breath, mindfulness and other related topics will be explored.

Her second workshop will be held 10 a.m. to noon Saturday, March 24. This is a specialty workshop focusing on "Stretching the Nerves: Four Neural Glides for Yogis."

Nerve problems may be signaled by weakness, fatigue, numbness, tingling, burning, restrictions in range of motion,



COURTESY YOGA GYPSY
Sally Anderson

changes in reflex speed, swelling or even feelings of heaviness or coldness. The nerves most commonly involved with these symptoms are the median nerve, ulnar nerve, radial nerve (all located in the arms) and the sciatic nerve, which runs from the lumbar spine down the legs and

into the feet. The nerves were meant to glide freely under muscle and fascia. This workshop looks as exercises you can do to create the length and space to create new fascia. Sitting at a desk, computer work, poor posture, chronic misalignment and injuries are all things that can contribute to sticky or adhesive fascia.

Come explore the world of neural glides, slow, precise movement with controlled awareness and muscular engagement, and discover in your own body where this can benefit you. The goal is to keep your nerve passages healthy as you age.

The cost for either workshop is \$40. Pre-registration is suggested and can be done by contacting Anderson at 503-440-0735 or yogagypsy2018@gmail.com. For more details, check out facebook.com/yogagypsy.sally/



COURTESY PIONEER PRESBYTERIAN CHURCH
Yoga teacher Jude Matulich Hall

Presbyterian church hosts yoga teacher

WARRENTON — Beginning Thursday, March 15, local yoga teacher Jude Matulich Hall will teach a weekly yoga class at Pioneer Presbyterian Church, next to Camp Rilea in Warrenton. Classes will be held 1:30 p.m. Thursdays and are on a donation basis.

Classes will consist of sitting poses, standing and balancing poses, a floor series and a relaxation with meditation. There will be a focus on strengthening, dynamic

movements and stretching. All postures will have different modifications to choose from based on each individual's level of participation. There will be chairs and yoga mats available for those who need them. Each class will be based on who is there; all ages and physical abilities are welcome.

Jude is a 500-hour certified yoga teacher, a licensed personal trainer and a movement therapist for chronic pain management.