

# Two-day wellness series at Sou'wester focuses on 'energetic body'

SEAVIEW, Wash. — In late March, the Sou'wester Lodge hosts two workshops with instructor Emily Dalsfoist, a musician and yoga teacher. The classes make up a two-day wellness series on the "energetic body."

- "Intro to the Subtle Body Rainbow: An Introductory Journey Through the 7 Major Chakras" takes place 11 a.m. to 3 p.m. Wednesday, March 27.

- "The Subtle Body: Essential Oils, Movement, Mudra and Mantra to Balance the 7 Major Chakras" takes place 11 a.m. to 3 p.m. Saturday, March 30.

These classes are meant



Sou'wester Lodge  
**Emily Dalsfoist teaches a two-part workshop on the 'energetic body' at the Sou'wester.**

to be taken together but are also stand-alone workshops and can be attended separately.

For prices and other details, visit [souwesterlodge.com](http://souwesterlodge.com). The lodge at 3728 J Place, Seaview, Wash.



Sou'wester Lodge  
**Emily Dalsfoist, a musician and yoga teacher.**

## Botanical art at Cannon Beach Gallery

CANNON BEACH — The Cannon Beach Arts Association presents a collection of works by the Oregon Botanical Artists from Wednesday, March 27, through Sunday, May 5.

An artist reception takes place from 5 to 7:30 p.m. Saturday, March 30. Complimentary food and beverages will be provided.

The Oregon Botanical Artists have 37 active members, many of whom are members of the American Society of Botanical Artists. Dorota Haber-Lehigh, an Arts Association volunteer, artist and art grant recipient, curated and facilitated the exhibit.

Other upcoming Arts Association events include a variety of Saturday workshops: Plastic Assemblage with Mary Bess Gloria on March 23; Weathergram Calligraphy with



File photo  
**Cannon Beach Gallery.**

Rebecca Read on March 30; and Drawing Puffins with Brianna Ortega on April 13. Registration for the Summer Art Camp program will also be available soon; check the Arts Association website for details.

For info about membership, volunteer opportunities, exhibits and other programs, call Program Director Cara Mico at 503-277-8757. The gallery is at 1064 S. Hemlock St.

## Wanted: artwork of Northwest birds

Submit work for Astoria gallery's judged exhibit

ASTORIA — Each April, the Astoria Art Loft honors an endangered species with an exhibit, along with a special reception and speaker. This year, the Art Loft focuses on Northwest birds, especially those that migrate across wildfire areas.

The Loft invites adults and children to create art featuring a Northwest bird for this judged exhibit. A modest award will be given to the Best in Show.

The exhibit will run Tuesday, April 2, through Thursday, May 2, 10 a.m. to 4 p.m., at the Art Loft.

The gala opening takes place 1 to 4 p.m. Saturday, April 13, with the speaker's program at 2 p.m.

Submitted art may be two- or three-dimensional in any medium, and must not exceed 500 square inches. It should be professionally presented and ready to display. Deliver the art to the Art Loft, 106 Third St. (above Dots 'N Doodles), from Tuesday, March 26, through Thursday, March 28, between 10 a.m. and 3:30 p.m.

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