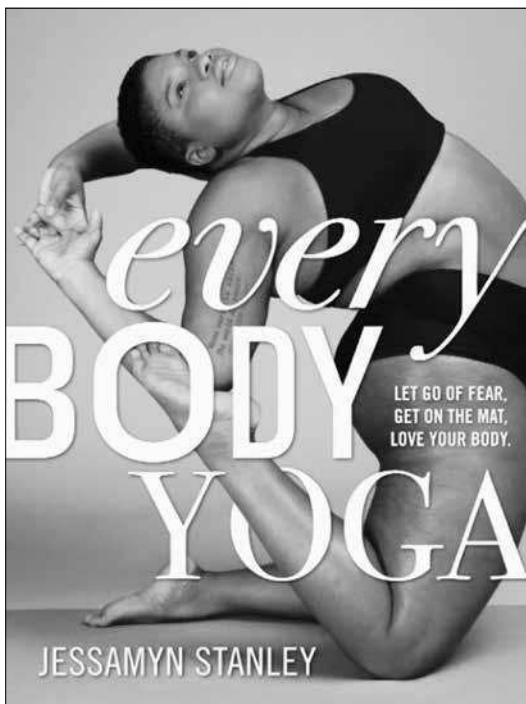


# Arts & ENTERTAINMENT



Jessamyn Stanley and her new book., *Every Body Yoga*.

## Author Breaks Yoga Stereotypes

Search for the term yoga online—the results display an endless scroll of slender young white women. It's easy to see how someone who doesn't fit that mold might feel alienated.

That's how Jessamyn Stanley of Durham, N.C., felt when she first tried yoga. It was only through starting a home yoga practice and posting images of her progress on Insta-

gram that she found acceptance. Today, Stanley is so much more than simply a yoga instructor. She is a pioneering body-positive activist who advocates for having room on the mat for bodies of all sizes, colors and gender expressions. And she is the author of "Every Body Yoga," a brilliant new yoga book that breaks all the stereotypes.

Stanley's approach to modern yoga centers on the truth that yoga isn't about how one looks, but how one feels. To that end, her own deeply personal memoir is woven throughout the easy-to-follow instructions to 50 basic yoga poses and 10 sequences to practice at home, all photographed in full color. Available at booksellers nationwide.



Award-winning soul, blues and R&B vocalist, harmonica player and songwriter Curtis Salgado will kick off Vancouver's summer series of free concerts on Thursday, July 6 at Esther Short Park in downtown Vancouver.

## Summer Concerts and Movies

### Blues singer kicks off Vancouver series

The city of Vancouver presents another summer of free concerts and movies at locations throughout the city beginning this week.

Award-winning soul, blues and R&B vocalist, harmonica player and songwriter Curtis Salgado will kick off the Thursday night concert series "Six to Sunset" at Easter Short Park in downtown

Vancouver on Thursday, July 6 at 6 p.m.

A series of Wednesday "Noon" concerts at Esther Short Park also debut this week and will take place each week at the same time through Aug. 9. In addition, "Sunday Sounds" concerts will take place each Sunday night, beginning July 9 and continuing through Aug. 13, from 6 p.m. to 8 p.m. at Columbia Tech Center Park at Southeast Sequoia Circle and Southeast Tech Center Drive.

"Friday Night Movies in the

Park" start Friday, July 7 and continue through Aug. 1 at various parks throughout Vancouver. The pre-movie activities start at 7 p.m. and the movies start at dusk.

Food vendors will offer a wide selection of meals, snacks and beverages at all the concerts and movies. Blankets and sand chairs are recommended. Barbeques, smoking and alcohol are prohibited, except in designated areas. Dogs on a leash are welcome.

For complete details on all the summer activities, visit [cityofvancouver.us/events](http://cityofvancouver.us/events).



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