

Seaside Yoga to offer free kids class at farmers market

By Katherine Lacaze
Seaside Signal

Youth yoga classes are making a re-appearance at the Seaside Farmers Market this summer and children of all ages are welcome to come stretch, relax and meditate under the instruction of Kristin Tschannen, of the Seaside Yoga Studio & Retreat Center.

The children's class will be from 4 to 4:30 every Wednesday of the Seaside Farmers Market, which starts June 17 and takes place weekly from 3 to 6 p.m. at the field adjacent to the Seaside American Legion, 1315 Broadway St.

"I think it's important to support other efforts and organizations that are bringing

new and varied opportunities for health and wellness activities and events to Seaside," said Tschannen, who recently became a member of Clatsop County's Way to Wellville Strategic Advisory Council.

"I want to support it any way I can," she said, adding yoga is her "way of contributing to the Farmers Market, which I'd love to see thrive here."

Tschannen offered the classes last year and found them to be received well. Being outside created a great environment for practicing yoga, she said.

The children are encouraged to bring a mat or towel to practice on. Each class period, Tschannen picks

a different theme, such as peace or gratitude, and starts by asking the students what that concept means to them and in what ways they are grateful or what brings them peace. Her hope is for the students to make a personal connection to these principles.

She then goes through a sequence that's been modified for children to be more active, engaging and fun, and ends each class with a cool-down period using the corpse pose.

Since children are constantly stimulated, she said, "I think they enjoy being quiet and still and having a reason to do it."

"There are definitely ways kids benefit just as much as

adults from yoga," she said. She also instructed a yoga class at Seaside Heights Elementary School's Celebration of the Arts event last year and will be back this year.

The classes at the Seaside Farmers Market are free for children of all ages, as Tschannen donates her time for them. Her primary goal is to break down barriers — such as cost, location and lack of time — and make the practice accessible to all people. That is why she also has started an all-levels donation-based community flow class, led by Lorri Thompson. Donations of \$5 to \$10 are encouraged, as they go toward paying the instructor, but people should

not be deterred from attending if they can afford only \$2 or \$3 one week, Tschannen said.

"A donation-based class is something I have been wanting to get off the ground since we opened a year ago," she said. "This is our way of making yoga available to anyone in the community who wants to learn the practice."

The class takes place from 8 to 9 a.m. Thursdays. Right now, the class has not gained a lot of traction, which is necessary to continue offering it, Tschannen said. She hopes to spread the word about the class, which has been a venue for people to connect over mutual goals of health, wellness and vital-

ity who might not otherwise have connected, she said.

The schedule is set for the spring and summer months, or through September, but if the studio finds people would like the class offered a different day or time, that would be considered for the fall and winter months.

"We've got to be introducing these benefits to the greater community and making it accessible to them," Tschannen said.

For more information about the Farmers Market, visit www.seasidemarket.org/. For more information about Seaside Yoga Studio and the classes, visit www.seasideyogaretreats.com or www.facebook.com/yogainseaside.

Seaside Police Log

April 24

11:26 a.m., 400 block of South Holladay Drive: Complaint of female trespassing. Subject trespassed and left premises.

4:33 p.m., Westbound on U.S. Highway 26: Caller reported erratic driver. Officer located vehicle. Driver was advised of complaint.

9:23 p.m., Northbound from U.S. Highway 101: Caller reported possible drunk driver. Officer responded.

April 25

1:47 a.m., 1200 block of Spruce Drive: 911 caller reported possible break-in. No property damage or suspect information. Unable to locate.

5:30 a.m., Avenue A: Officers responded to a 911 call about a disturbance between girlfriend and boyfriend.

4:18 p.m., South Holladay Drive: Caller reported elderly woman laying on sidewalk. Officer arrived; woman did not need medical assistance. Officer gave courtesy ride home.

7:55 p.m., 500 block of Pacific Drive: Subject arrested for driving under the influence of intoxicants.

April 26

2:32 a.m., North Prom: 911 report of a 5-year-old boy in a car with no parents around. Officers made contact, child was actually older and his older sister was in the vehicle with him. They were warned for unlawful lodging.

6:53 p.m., 400 block of South Roosevelt Drive: Report of male passed out in bathroom stall. Officers arrived; subject had imbibed too much on his 21st

birthday. Another male contacted took responsibility for intoxicated subject and took him home.

9:26 p.m., 2300 block of South Roosevelt Drive: Report of a male that was asking guests to purchase marijuana. Officer made contact, subject admitted to wanting to smoke marijuana, but not to purchase it. Motel 6 does not want him back.

April 27

NO LOG POSTED

April 28

7:52 a.m., Avenue K: Officer arrived at the scene of minor accident. Parties exchanged information prior to officer arrival.

2:40 p.m., 800 block of South Roosevelt Drive: Caller reported aggressive driving. Officer made contact with vehicle. Driver advised of the complaint.

4:38 p.m., 1200 block of South Roosevelt Drive: Complaint of tan, old Cadillac with Washington plates in the parking lot for past three days. Elderly lady and dog living within. Officer responded and assisted woman with her options. She was advised of the city statutes.

11:03 p.m., 200 block of South Roosevelt Drive: Report of an intoxicated male that was passed out in front of the front doors. Officers made contact, subject was transported to Providence Seaside Hospital. Subject is trespassed for 3 months from McDonald's.

April 29

300 block of South Columbia: 911 report of a male causing a disturbance. Officer made

contact with the male half. Reporting party did not want to press charges.

5:55 p.m., Turnaround: Caller reported traffic complaint. Officer contacted vehicles and warned occupants about reckless driving.

April 30

5:50 p.m., 200 block of South Roosevelt Drive: Caller reported vehicle driving with two children unsecured in the back of a station wagon. Officers on a priority call. Vehicle was gone upon arrival.

6:35 p.m., Broadway and Wahanna Road: Caller reported possible drunk driver. Officers searched but were unable to locate.

May 1

8:24 a.m., Beach off 16th Avenue: Complaint of campers on the beach last night and night before. Three tents and a Weber grill between them. Officer responded, warned. Subject packing up their blockings.

9:36 a.m., 1100 block of North Roosevelt Drive: Complaint of unwanted person, who won't move along. Requesting officer assistance. Officers responded. Complainant did not want to press charges or trespass. Sub-

jects advised to move on.

5:54 p.m., 1100 block of Broadway: Traffic complaint. Driver failed to yield to school bus lights.

May 2

5:20 a.m., Broadway Bridge: Officer responded to a verbal disturbance. Subjects warned for disorderly contact. They moved on.

2:51 p.m., 800 block of South Holladay Drive: Caller reported subjects camping outside hotel after they were refused rental. Upon officer arrival, subjects had moved on.

9:13 p.m., Oceanway/Shilo Parking Garage: 911 report of a verbal disturbance. Officers checking the area. Officers made contact, subjects involved in a road rage. Officers advised subjects.

11:50 p.m., 1200 block of North Roosevelt Drive: Report of one gunshot in the area. Officers checked the area, no people or vehicles in the area. Officer will continue to check the area.

May 3

6:10 p.m., 400 block of South Roosevelt Drive: Safeway employee wished person trespassed who comes in every day and stays all day long, and was

currently sleeping in the deli seating area. Officer contacted woman and advised the store wished her trespassed from there indefinitely.

8:09 p.m., 800 block of Avenue B: Report of males that were smoking marijuana.

10:32 p.m., U.S. Highway 101 near Circle Creek Campground: Report of a female in the area walking into traffic with her hands up. Officers searched the area, unable to locate.

May 4

10:18 a.m., 200 block of North Holladay Drive: Call requesting welfare check on potentially suicidal subject. Upon officer arrival, subject in meeting at parole office.

4:07 p.m., 900 block of Broadway: Caller reported suspended driver leaving City Hall parking lot. Officer searched the area and went to driver's residence, but was unable to locate the driver at this time. Officer cleared for priority calls.

May 5

10:09 a.m., Southbound on U.S. Highway 101: 911 caller reported log truck driving aggressively, not letting merge. Officers searched area but were unable to locate log truck.

May 6

12:14 a.m., Trendwest Parking Lot: Subject(s) warned for unlawful lodging.

12:27 p.m., 2100 block of Lewis and Clark Road: Caller reported potential missing kindergarten after getting off of the bus. Child was located before officer arrival. Officer responded to check situation.

5:14 p.m., Avenue F: Caller reported suspicious persons. Officer contacted them and nothing suspicious was going on.

May 7

2:25 a.m., 400 block of South Holladay Drive: Officers responded to a disturbance. It was verbal in nature. Parties were advised to keep it down for the evening.

5:17 p.m., U.S. Highway 101: Caller reported traffic complaint. Officer located vehicle. No impairment noted. Large dog was interrupting driving.

6 p.m., 600 block of South Franklin Street: Caller expressed concern for kids playing on the riverbank without lifejackets. Officer responded. Older kids were kayaking and younger one was fishing from the bank. No lifejacket legally necessary.

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