

June 2018



## Hit The Beach and Find Your "Blue Mind"

In his book, *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do,* Marine Biologist Wallace J. Nichols explores the the emotional, behavioral, psychological and physical connections that keep us so enchanted with water.



"The blue mind of the book's title refers to the neurological, psychological and emotional changes our brains experience when we are close to water. Nichols draws on science and art, hard data and anecdote, and plenty of experience, to explain our blue mind in detail. Not just what it is, but how we can enter into this state and — perhaps most important — why we should do so," writes [Nicola Joyce for The Washington Post](#).

Of course, these assertions will not come as a surprise to those of us who live in or frequently visit Cannon Beach.

I invite you to explore your Blue Mind starting this weekend with 2 options for practice outside on our beautiful beach. Beach Yoga with Shelley Behrman starts Sunday, June 3 (Happy Birthday, Lolly!) thru September 2. And Kathleen Bell will lead 4 Sunday Sunset Meditations. See the details below or [Sign-up](#).

Plus we'll have Restorative Yoga with Claire Mittelstet this **Friday night from 6-7:30**. Please sign up before because this is usually a full class.

Last month Star Weitman and I debuted a class that combined Restorative Yoga and the healing properties of Gemstones. We offered it twice and it sold out both times. We will offer it again Friday, June 22 from 6-7:30: [Earth Energy Medicine and Restorative Yoga](#). Please register early to ensure your spot.

Hope to see you on the mat, soon!

In Gratitude,  
Christen Allsop

503.440.1649  
[christen@cannonbeachyogaarts.com](mailto:christen@cannonbeachyogaarts.com)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>All Levels Yoga</b> 8:00-9:15a \$15	<b>Strengthen &amp; Stretch</b> 8:00-9:00a \$12	<b>All Levels Yoga</b> 8:00-9:15a \$15	<b>Strengthen &amp; Stretch</b> 8:00-9:00a \$12	<b>All Levels Yoga</b> 8:00-9:15a \$15	
<b>Gentle Yoga</b> 10:00-11:00a \$12	<b>Chair Yoga</b> 9:30-10:30a \$12		<b>Chair Yoga</b> 9:30-10:30a \$12		<b>Chair Yoga</b> 9:30-10:30a \$12	<b>All Levels Yoga</b> 9:00-10:30a \$18
	<b>Meditation</b> 4:00-5:00p \$12	<b>Moving into Meditation</b> 4:00-5:00p \$12	<b>Gentle Stretch</b> 4:00-5:00p \$12			<b>Gentle Stretch</b> 11:00-12:00 \$12
	<b>Yoga Sweat &amp; Restore</b> 5:30-7:00p \$18		<b>Yoga Sweat &amp; Restore</b> 5:30-7:00p \$18	<b>Gentle Stretch</b> 5:30-6:30p \$12	<b>Restorative 1st &amp; 3rd Fridays</b> 6:00-7:30p \$18	

View our Online Schedule and Register for Classes.  
Save with [10 Class Passes](#) or our monthly unlimited [Prana Membership](#).

**Class Cancellation: Wednesday, 6/6 4pm - Gentle Stretch**

Online Schedule

## Starting June 3! Beach Yoga & Beach Meditation!

 **Sunday Beach Yoga**  
w/ Shelley Behrman



**June 3 - September 2**  
11:30 - 12:30 \$15

Put some sand in your practice. Enjoy a yoga class on the beach! All Levels Welcome.

Meet at Whale Park (corner of 3rd & Hemlock), across the street and North of the studio.

Mats will not be provided. Please bring a beach towel to practice on and anything else to sit comfortably. Please dress in layers. Class is weather dependent.



[www.CannonBeachYogaArts.com](http://www.CannonBeachYogaArts.com)  
503-440-1649 251 North Hemlock, #2

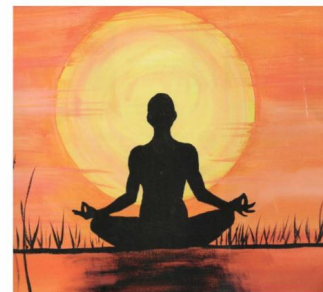
 **Summer Sunset Meditations**  
w/ Kathleen Bell

Sundays

June  
3, 10, 17, & 24

7:45-8:45pm

Free



**Meditate on the Beach at Sunset!**

Do you want to practice meditation with a group in the fresh sea air? Then this is the class for you!

Kathleen Bell, RN will lead 4 classes during sunset on the 4 Sundays in June. They will be loosely guided, FREE and open to all levels of experience.

Meet up at Cannon Beach Yoga Arts and walk to a destination of Kathleen's choosing. Please dress for the weather and bring what you need to sit comfortably outside. Please register so we know how many to expect.

[www.CannonBeachYogaArts.com](http://www.CannonBeachYogaArts.com)  
503-440-1649 251 North Hemlock, #2

Register

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**Earth Energy Medicine & Restorative Yoga  
with Star Weitman & Christen Allsop  
Friday, June 22  
6:00-7:30pm, \$40**

Therapeutic gemstones and crystals are a vital part of the natural pharmacy of the earth. During this restorative evening we will explore the basic and effective techniques of gemstone energy medicine, and experience simple self-treatments while in Restorative Yoga postures to clear, align and offer pain relief for the body, mind, spirit and emotions.

Earth energy medicine uses the body's inherent healing force to nourish and heal us in multiple ways. Each type of gemstone embodies a unique energy that can focus and amplify this healing force and produce specific therapeutic effects. Restorative Yoga postures deeply relax the body and help to bring us into the Parasympathetic Nervous System, our Rest & Digest system. This is where deep relaxation can happen to enable transformation in the unconscious and subconscious parts of the mind.

We will also learn and practice energy clearing and balancing techniques to harmonize, energize and protect the environments we live and work in so they can support us in health, prosperity and well-being.



Register

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**Ongoing Healing Therapies at CBYA**

**Private Yoga for 1:1, small**



**groups or events & parties  
with Christen Allsop**

Private or 1:1 yoga offers an infinite number of ways to focus on individual needs and goals.

We can also accommodate Private group - large or small, a family reunion, bridal shower or corporate event in our studio or offsite.



\$75 for 60 Minutes

\$15 for each additional person  
Multi-class passes available

503-440-1649



**Thai Massage with  
Claire Mittelstet, LMT**

Book your Thai Massage with Claire and enjoy this unique massage modality. Please contact [Claire Mittelstet, LMT](#) directly with any questions or to purchase or book your therapeutic traditional Thai Massage.

\$80 for 60 Minutes  
\$110 for 90 Minutes  
\$135 for 120 Minutes

503-888-6474

**Gemstone Facial or Body Treatment with Star Weitman**

Experience customized therapeutic gemstone treatments to clear, align and offer pain relief for the body, mind, spirit and emotions.

Star will be in town on 6/22. Please call with any questions or to book your treatment. Other days may be available.

\$50 for 30 Minutes  
\$100 for 60 Minutes

503-939-0095 or [Star@StarConserve.com](mailto:Star@StarConserve.com)



STAY CONNECTED

