

SHARING WHAT WE LOVE:

The Yoga Hillsboro 15th Year Celebration on Saturday, March 23rd

DOWNSTAIRS SHARING STAGE

3pm - John McGinity. Yoga, Breathing and your Heart Rate

For over a decade, John has practiced breathing and yoga techniques to train for breath hold diving, spear fishing and scuba diving. Different yoga poses and breath sequencing interact strongly with the parasympathetic nervous system of the body, speeding up, slowing down, or stabilizing the heart rate, resulting the body and mind being energized, calmed or steadied. In this interactive demonstration, you can try a variety of yoga poses and breath techniques, and watch the heart rate effects in real time. You will be amazed at how responsive the body is to different postures. John is a retired physics teacher and teaches yoga at Yoga Hillsboro.

4pm - Brant Rogers. Archery as Meditation

I cherish weekly visits to the Hoyt Arboretum to wander trails, to feel the air. Along one of the trails is an archery range and over some years now I bring my bow, assemble it there and invite some arrows to fly home to one of the targets. It's a meditative practice, something akin to what I found one day in the sweet old book [Zen and the Art of Archery](#).

4:30pm - Helena Huipe: Two Songs (tentative)

Helena is 12 years old, she likes riding her horse and she loves Musicals, she knows songs from lots of musicals. She has been taking voice and piano lessons for a couple of years.

5pm - Dan D'Amario: Poetry and a Short Movie

He will introduce for the first time in human history for an audience The Yoga Hillsboro *Yoga for Golfers Video*. He will also recite his poem from he and his wife Linda's new book *Gentle Yoga*.

5:30pm - Kristin Kinnie: Balancing Blood Sugar using Whole Foods

The role of carbs, protein, fat, and fiber for blood sugar regulation. This will be a quick teaser as this is a complex topic!

Currently Kristin is a student in the Master's of Science in Nutrition program at the National University of Natural Medicine and will graduate in June 2019 and will open a holistic nutrition practice, Fully Alive Nutrition. Food has the amazing power to nourish, nurture, and heal our bodies. I believe in Food as Medicine and will work together with you to utilize nutrition and lifestyle changes to help you feel your absolute best.

UPSTAIRS STUDENT GALLERY

Growing, Shearing, Spinning and Weaving Wool - John and Marilyn Harrison

John and Marilyn have lived on a 15 acre farm west of Banks for the past 34 years where we raise a small flock of purebred Romney sheep. Romney's produce both good lamb for eating and good wool for outer garments, floor rugs, tapestries and the like. Marilyn is a spinner who turns our raw wool into yarn with which both of us weave. Marilyn works on a floor loom and produces blankets, shawls and garments. John weaves on a Navajo style upright loom producing floor rugs, wall hangings and tapestries. Along with many of the usual small farm activities, weaving has become our passion.

Sculptural and Wearable Art - Teresa Shelton

Mathematics and physics principles combine with tiny seed beads to create sculptural and wearable art. Stitching one bead at a time, I engineer each piece of my artwork with structure, form, movement, and color to achieve bold statement pieces with unexpected surprises.

Teresa Shelton is a circuit board manufacturing engineer by day and bead artist by night. She lives in Oregon's wine country with her family and urban chickens. Years Beadweaving: 30. Years doing Yoga (at Yoga Hillsboro): 14.5. Her work was published in Showcase 500 Beaded Jewelry by Ray Hemachandra/Lark Book 2012

Teresa's Contact info:

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Fine Handmade and Home Designed Wood Furniture - Bill & Carol Pressly

The original foot stool on display was designed and built at the request of a niece to use with a rocking chair she had. We enjoyed our initial design so much, I built one out of cherry for us as a meditation stool. With a little imagination one can see in the grain on its top a duck swimming under the water. Somehow this fits its purpose.

The rocking chair is made of black walnut and its design and style is based on the original work of master furniture designer and woodworker, the late Sam Maloof. The fluid and graceful lines and sophisticated joinery required various technics that made it a challenge to build. To Carole and I, it is very comfortable. Try it and see what you think!

This small cherry tabouret table was originally modeled after small drums used by the French military dating back to the 17th century. This is in the Stickley/Mission style of furniture

Fine Sketches - Linda Engstrom, FAPLD

I grew up on the East coast near New York City, earning a design degree from CORNELL UNIVERSITY. In 1973 my husband and I moved to OREGON with our two young sons. We established CLOUDREST VINEYARDS in 1984. During the 1980's and 90's I traveled and photographed gardens in England, France, Japan, Italy, Germany, and even Siberia! I studied under the English landscape designer, John Brookes, and the late Oregon landscape architect, Barbara Fealy. In 1995 I collaborated with Al Rogers on a book, PEONIES, published by TIMBER PRESS. In 2017 I illustrated the book 'Love Letters to My Garden' by Barbara Blossom Ashmun. My website is gardenaesthetics.com and I am on Facebook.

Iguana Fashion - Janie Coleman

I will bring some pictures of my Zard Cards photographs--they're such fun to do. I sold them as greeting cards briefly 20 yrs ago. My best "models," Wenceslas, Yaz & Ziebe (all born in the mid'-90s) have all passed on to that great jungle in the sky (Yaz stepped out last year at age 21!), however, so these days I do my best with Ignatz, the rescue iguana, who took a chunk out of my face 5 years ago. He's not QUITE as patient but he's learning the routine...

Readings - Kristen Spahn

Kristen has had visions, prophetic dreams and the ability to read people since she was a child. Although she doesn't do this often, she will be here for readings for our anniversary. (from 3-4pm and 5-6pm)

Loom & Weaving Samples - Tracy Irwin

I have been weaving for 20 years although my love of weaving goes back much further. Some of the most ancient articles of clothing feature weave structures we use today. The texture and structure of threads, color and pattern are unlimited and have brought me hours of joy and relaxation.

Anniversary Celebration Bookmaking - *Gentle Yoga; A Celebration* - Linda & Dan D'Amario

Linda and Dan will share their new book as well as pass along 'zines, small copies of the book. All home-made with a Yoga Hillsboro theme!

Cards, Cartoons & Love Rocks - Lea Villalaz

Lea will bring a number of home made creations to share. All hand-created and inspired by her yoga and meditation practice.