

Cannon Beach Yoga Festival

For the seventh year in a row, Cannon Beach, Oregon, will play host to the **Cannon Beach Yoga Festival** (<http://www.cannonbeachyogafestival.com/>), bringing yogis of all levels together to twist, center, and om their way to higher, more peaceful levels of vibration.

Whether you're coming to this lovely Oregon Coast town for the festival or you just happen upon it as you're passing through, check out the **festival schedule of workshops** (<http://www.cannonbeachyogafestival.com/2017-festival-schedule/>), and make some time to increase your flexibility, improve your vitality, and give yourself an overall show of love.

The festival happens February 24-27 this year: a perfect time to escape to the coast. Crowds are thin to non-existent and the weather is mild.

Where is Cannon Beach Yoga Festival?

Cannon Beach is nestled on the northern Oregon Coast, under two miles south of Ecola State Park. Considering its close proximity to the city of Portland, Cannon Beach Yoga Festival is the perfect solution for a nurturing weekend retreat close to home.

If you're driving from the south, up Highway 101, you'll know you're almost there when you spot Haystack Rock, one of Oregon's signature landmarks, an imposing 235-foot basalt rock formation.

The festival happens at five locations throughout town, so you'll not only be able to immerse yourself in the world of yoga, but you'll also get a glimpse of what this charming seaside community has to offer.

Workshops at Cannon Beach Yoga Festival

The festival offers a variety of workshops

(<http://www.cannonbeachyogafestival.com/2017-festival-schedule/>) sure to entice, inform, and delight yogis of all persuasions. If you want to tone things down a bit and treat your soul and psyche to a nourishing time out from the din of daily life, take the Restorative Yoga and Chanting workshop. Come take part in a call and response chanting session and enjoy long, luxurious poses designed to re-calibrate your system and ease stress-related symptoms.

Start Saturday and Sunday off right with a 45-minute group meditation to get you in a yoga frame of mind, and when you're ready to let your hair down and do a little dancing, head to the Bollywood Dance Party on Saturday evening. Show up in jewels, sequins, scarves, and bright colors, and dance the night away - freestyle and in choreographed dance routines

Things to Do in Cannon Beach

Whether you're attending a single workshop or you've signed up for the entire long weekend, if you're looking for other things to do in the area or want a change of scenery, there are plenty of activities and sights nearby to help you maintain your calm center.

Visit a Spa in Cannon Beach

Just finished an amazing heart-opening, body-twisting yoga session at the festival? Treat yourself to a luxurious massage at one of Cannon Beach's local spas and keep the self-love flowing. **Ocean Spa** (<http://oceanspacb.com/>) offers a variety of massages and other services that will leave you feeling pampered and peaceful. And **Cannon Beach Spa** (<http://www.cannonbeachspa.com/index.html>) offers massages, wraps, and scrubs, as well as incredible spa packages.

Get Outside in Cannon Beach

What better way to capture the spirit of yoga and meditation than to get out into nature? Almost any activity can become meditation with the right intention. And sandcastle building and kite flying are two of those activities. Head to Tolovana Beach State Park on the south end of Cannon Beach and focus in on the task at hand. Methodically compress wet sand into blocks and stack them together, one by one, to the rhythmic ebb and flow of the ocean. Or launch your kite and get mesmerized by its gentle dipping and swaying in the wind.

Haystack Hill State Park is somewhat off the radar, which translates to quiet seclusion for those who want to get away and commune with nature. Take a stroll, meditate, then walk to the water's edge, and witness a breathtaking sunset. Be aware of rising tides, though!

Visit Hug Point State Recreation Area, flanked by ferns, sitka spruce, and salal, and spot caves within the sandstone cliffs and gorgeous scenery.

Hikes In and Around Cannon Beach

Oregon Coast hiking not only offers some of the most beautiful scenery and views you'll encounter in the great outdoors, it brings the forest and the ocean together, providing the perfect atmosphere for soulful introspection.

Hike the 2.5-mile loop at Ecola State Park and view stunning coastline vistas and secluded coves from wooded cliffs. Take the short detour to the abandoned Tillamook Rock Lighthouse viewpoint for more gorgeous vistas.

The Neahkahnie Mountain Trailhead is a moderate, 8-mile loop that lies mostly within Oswald West State Park. Pass through old growth and meadows, take in bird's-eye views of Devil's Cauldron and a spectacular vista from Neahkahnie Mountain.

Cape Falcon Trail is an easy 4.8-mile out-and-back hike that takes you through spruce forests, Traverse this section of the Oregon Coast Trail, and reach the final payoff: a lovely view of Neahkahnie Mountain and the town of Manzanita.

Satisfy Your Senses in Cannon Beach

You'll undoubtedly have many of your senses evoked during yoga fest weekend from the scents of aromatherapy and the sounds of singing bowls to the feel of your body grounding down on your mat and the stunning scenery you'll witness. So for a fully indulgent weekend, don't neglect your sense of taste.

Pay a visit to Evoo and enjoy mouthwatering fare when you attend one of their cooking shows or take one of their cooking classes. You'll be served a full meal made with the freshest local ingredients.

Follow up with a visit to Cannon Beach Chocolate Cafe (<http://www.cannonbeachchocolatecafe.com/>) and set your tastebuds acquirer. Chocolate is good for you, so yield to your desire and enjoy a Chocolate Cafe truffle, or shop their selection of fine chocolate from around the world.

Pair your chocolate treat with a tasting at **Wine Shack** (<http://www.thewineshack.wine/>). Every Saturday from 1-5pm (and other days, depending on local weather and festivals), people gather upstairs in Wine Shack's tasting room for a flight of four wines: two whites and two reds.

Take some time for you and spend a well-deserved weekend in lovely Cannon Beach at the Cannon Beach Yoga Festival. Treat your body, mind, and soul right, and make it a weekend to remember.