



# MAY 2020

# MONTHLY CALENDAR

## THURSDAY, MAY 7

### VIRTUAL FIRST THURSDAY MUSIC

5:00pm-7:00pm

Join Rocky Pond Winery for a live virtual concert on their Facebook page! Open your favorite bottle of Rocky Pond wine, sit back, and enjoy music from Nick Grow. For more information, visit [RockyPondWinery.com](http://RockyPondWinery.com).

## THURSDAY, MAY 7

### VIRTUAL 'HOW TO SIT' MEDITATION WORKSHOP

5:45pm-6:45pm

Enjoy a virtual workshop based on Thich Nhat Hanh's book "How to Sit". You'll learn how to sit comfortably and be given guidelines for your personal meditation practice. For more information, visit [YogaChelan.com](http://YogaChelan.com).

## MON-WED, MAY 25-27

### STEHEKIN SKYDIVE RETREAT

Check schedule

Skydive Chelan is taking a crew to Stehekin! Skydive deep into the heart of the Cascades and enjoy an all-inclusive retreat including travel, accommodation, food, and skydiving! For more information, call 509.881.0687.

## SUNDAYS

### #RLBRUNCHPARTY

10:00am

Join RealLife NCW via Facebook Live for a virtual Sunday service! And don't forget to post a photo with the hashtag #RLBrunchParty. For more information, visit [RealLifeNCW.com](http://RealLifeNCW.com).

## MONDAYS

### VIRTUAL 'YAMAS & NIYAMAS' BOOK CLUB

10:00am-11:00am

Learn about the foundations of yoga philosophy with Lynda Kennedy from YogaChelan over the course of six weeks! Engage in fun and deep discussions about our everyday lives and how we live them. For more information, visit [YogaChelan.com](http://YogaChelan.com).

## MONDAYS & WEDNESDAYS

### VIRTUAL VINYASA YOGA

8:30am-9:30am

Enjoy a virtual vinyasa yoga practice with Lynda Kennedy from YogaChelan. Practice awareness of breath and create a connection to fuel the focus of your mind and flexibility of the body. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### VIRTUAL YIN/RESTORATIVE YOGA

6:30pm-7:30pm

Enjoy a virtual restorative yoga practice with Lynda Kennedy from YogaChelan! This practice will encourage your body and mind to slow down and open through passive stretching. For more information, visit [YogaChelan.com](http://YogaChelan.com).

## TUESDAYS & THURSDAYS

### VIRTUAL YOGA BASICS

10:00am-11:00am

Enjoy a virtual yoga basics class from YogaChelan! This ongoing series allows everyone to move at their own pace and level. For more information, visit [YogaChelan.com](http://YogaChelan.com).

## SATURDAYS

### VIRTUAL GENTLE MIX YOGA

9:30am-10:30am

Enjoy a combination of yin yoga, somatic movement, restorative and gentle asana that creates a practice that gently stretches muscles, quiets the nervous system and connects the mind and body. For more information, visit [YogaChelan.com](http://YogaChelan.com).

For more information & current event listings, visit [LakeChelan.com](http://LakeChelan.com).

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