JUNE 2020 MONTHLY CALENDAR

MONDAY, JUNE 1

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.

THURSDAY, JUNE 4

VIRTUAL TASTING SERIES WITH CAIRDEAS WINERY
4:00pm-4:30pm

Join Lacey and Charlie from Cairdeas Winery on Facebook and Instagram Live as they speak about their Concrete Collection of wines! For more information, visit CairdeasWinery.com.

FRIDAY-SUNDAY, JUNE 5-7

ADULT TENNIS CAMP
9:00am-12:30pm

Join Harmony Meadows for a three-day adult tennis camp to improve your game! For more information, visit HarmonyMeadowsCenter.com.

MONDAY, JUNE 8

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.

SATURDAY, JUNE 13

LAKE CHELAN BACH FEST VIRTUAL CONCERT SERIES
7:30pm-8:30pm

Enjoy Lake Chelan Bach Fest's 39th season as a virtual concert series this year! Watch nine concerts performed by Bach Fest musicians on the Bach Fest Facebook page. For more information, visit BachFest.org.

FRIDAY-SUNDAY, JUNE 26-28

BACK INTO THE SWING OF THINGS LADIES TOURNAMENT
Check schedule

Join Harmony Meadows for a three day ladies tournament to knock the rust off your tennis game! For more information, visit HarmonyMeadowsCenter.com.

SATURDAY, JUNE 27

LAKE CHELAN BACH FEST VIRTUAL CONCERT SERIES
7:30pm-8:30pm

Enjoy Lake Chelan Bach Fest's 39th season as a virtual concert series this year! Watch nine concerts performed by Bach Fest musicians on the Bach Fest Facebook page. For more information, visit BachFest.org.

JUNE 2020 MONTHLY CALENDAR

RECCURRING EVENTS

MONDAY-FRIDAY

NO EXCUSES WORKOUT
8:30am-9:30am
4:00pm-5:00pm

Join The Barn Fitness Center on Zoom for a virtual get together and get your sweat on at home! For more information, visit TheBarnChelan.com.

MONDAYS & WEDNESDAYS

VIRTUAL VINYASA YOGA
8:30am-9:30am

Enjoy a virtual vinyasa 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.

TEENY TENNIS CLINIC
9:00am-10:00am

Give your kids age 4 to 8 an introduction to tennis with the Teeny Tennis Clinic at Harmony Meadows! For more information, visit HarmonyMeadowsCenter.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.

MONDAYS, WEDNESDAYS, & SATURDAYS

ADULT TENNIS CLINIC
9:00am-10:00am

Improve your tennis game at Harmony Meadows! All levels are welcome and space is limited. For more information, visit HarmonyMeadowsCenter.com.

MON, WED & SAT

ADVANCED JUNIOR TENNIS CLINIC
2:30pm-4:00pm

High school and tournament players age 15 to 17 can bring their game to the next level at the Harmony Meadows Advanced Junior Tennis Clinic! For more information, visit HarmonyMeadowsCenter.com.

JUNIOR TENNIS CLINIC
4:00pm-5:00pm

Kids age 9 to 14 can experience an introduction to tennis or an opportunity to brush up on their skills! For more information, visit HarmonyMeadowsCenter.com.

TUESDAYS & THURSDAYS

VIRTUAL YOGA BASICS
10:00am-11:00am

Enjoy a virtual yoga practice that gently stretches muscles, quiets the nervous system, and connects the mind and body. For more information, visit YogaChelan.com.

WEDNESDAYS

VIRTUAL BEGINNING VINYASA
10:00am-11:00am

Learn classic yoga postures and flows with modifications to help them fit your body! YogaChelan's class focuses on the movement needed for quality of life. For more information, visit YogaChelan.com

WEDNESDAYS & FRIDAYS

POWER YOGA AT THE BARN
8:45am-9:45am

Grab your mat, water bottle, and a towel and join Amy Andrews for a free 60-minute yoga session on Zoom! For more information, visit TheBarnChelan.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.