

A WEEK IN THE VALLEY JULY 31-AUG 6

A Lake Chelan
Chamber of Commerce
Publication

FRIDAY, JULY 31

LIVE & VIRTUAL YOGA AT TUNNEL HILL WINERY

9:00am

Sign up for one of just five spots for live outdoor yoga at Tunnel Hill Winery with Lynda Kennedy from YogaChelan or join the session virtually! For more information, visit YogaChelan.com.

ADVANCED JUNIOR TENNIS CLINIC

2:30pm-4:00pm

High school and tournament players ages 15 to 18 can bring their game to the next level at the Harmony Meadows Advanced Junior Tennis Clinic! For more information, visit HarmonyMeadowsCenter.com.

SATURDAY, AUGUST 1

LIVE AND VIRTUAL POWER IN THE PARK

7:45am-9:30am

Sign up for one of just five spots for an outdoor yoga class with Lynda Kennedy from YogaChelan or join virtually! After signing up, you will be notified of the location. For more information, visit YogaChelan.com.

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.

CHELAN TO AFRICA BENEFIT VIRTUAL CONCERT

5:00pm

Enjoy a live, virtual concert from the studio of Kevin Jones and help raise money for two non-profit organizations that provide much needed services to children in Chelan and Africa! For more information, visit ChelanToAfrica.com.

SUNDAY, AUGUST 2

LIVE & VIRTUAL YOGA AT TSILLAN CELLARS

8:30am

Sign up for one of just five spots for live outdoor yoga at Tsillan Cellars with Lynda Kennedy from YogaChelan or join the session virtually! For more information, visit YogaChelan.com.

MONDAY, AUGUST 3

U-PICK FLOWERS AT CHELAN VALLEY FARMS

8:30am-10:30am

Walk the flower farm and pick your own creation to bring home and enjoy! Choose from an array of colors and flower varieties. For more information, visit ChelanValleyFarms.com.

MONDAY & WEDNESDAY, AUGUST 3 & 5

VIRTUAL VINYASA YOGA

8:30am-9:30am

Enjoy a virtual vinyasa practice with 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.

VIRTUAL YIN/ RESTORATIVE YOGA

6:30pm-7:30pm

Enjoy a virtual restorative yoga practice with YogaChelan! This practice will encourage your body and mind to slow down and open through passive stretching. For more information, visit YogaChelan.com.

MONDAY-FRIDAY, AUGUST 3-7

BOOTS AND BLING VIRTUAL AUCTION

Morgen Owings Elementary PTO will kick off their virtual auction on Monday, with items being available on Friday. All funds raised will go towards purchasing school supplies for MOE students. For more information, visit MOEPTO.SchoolAuction.net/Auction2020

TUESDAY & THURSDAY, AUGUST 4 & 6

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.

WEDNESDAY, AUGUST 5

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.

PUB TRIVIA AT STORMY MOUNTAIN BREWING

6:00pm-7:30pm

Enjoy a family-friendly evening of trivia at Stormy Mountain Brewing with questions about geography, history, pop culture, and more! For more information, visit StormyMountainBrewing.com.

THURSDAY, AUGUST 6

CHELAN EVENING FARMERS MARKET

4:00pm-7:00pm

Enjoy fresh tomatoes, peppers, herbs, hummus, goat cheese, lavender and so much more from over 20 vendors! For more information, visit ChelanFarmersMarket.org.

LIVE AND VIRTUAL COREYO

5:15pm-6:15pm

Sign up for just one of five spots for a CoreYo practice from YogaChelan at Pingrey Centennial Park or join the session virtually! For more information, visit YogaChelan.com.

For more information & current event listings, visit LakeChelan.com

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