

# A WEEK IN THE VALLEY AUGUST 14-20

A Lake Chelan  
Chamber of Commerce  
Publication

## FRIDAY, AUGUST 14

### 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](http://YogaChelan.com).

## FRIDAY-SUNDAY, AUGUST 14-16

### 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](http://HarmonyMeadowsCenter.com).

## SATURDAY, AUGUST 15

### 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](http://YogaChelan.com).

### CARDIO TENNIS/LIVE BALL

9:00am-10:00am

Start your weekend off with a morning workout on the tennis court! Join Harmony Meadows every Saturday morning for an hour of fast-paced drills and exercises. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.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](http://YogaChelan.com).

## SATURDAY, AUGUST 15

### 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](http://HarmonyMeadowsCenter.com).

## SUNDAY, AUGUST 16

### 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](http://YogaChelan.com).

## MONDAY, AUGUST 17

### 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](http://ChelanValleyFarms.com).

### TEENY TENNIS CLINIC

9:00am-10:00am

Give your kids ages 4 to 8 an introduction to tennis with the Teeny Tennis Clinic at Harmony Meadows! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### TENNIS 101

9:00am-10:00am

Never touched a racket or trying to get back into the swing of things? Join Harmony Meadows for an hour of instructional based group play covering the fundamentals. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

## MONDAY & WEDNESDAY, AUGUST 17 & 19

### 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](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).

## MONDAY-THURSDAY, AUGUST 17-20

### JUNIOR TENNIS CAMP

9:00am-12:00pm

Players ages 9 and up are invited to participate in Harmony Meadows' summer tennis camp! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

## TUESDAY & THURSDAY, AUGUST 18 & 20

### ADULT PLAY DAY

9:30am-11:00am

Join Harmony Meadows for a morning of drop-in tennis doubles play! Multiple rounds will be played to allow everyone to play against different players. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### 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](http://YogaChelan.com).

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

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## WEDNESDAY, AUGUST 19

### STROKE OF THE WEEK CLINIC

9:00am-10:00am

Join Harmony Meadows every Wednesday for an instructional class geared toward improving a particular shot such as ground strokes, serves, and more! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### 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](http://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](http://HarmonyMeadowsCenter.com).

### WEDNESDAY EVENING TENNIS SOCIAL

4:00pm-6:00pm

Join Harmony Meadows for a Wednesday evening tennis social for doubles and king of the court style games! Admission includes complimentary beer and wine. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.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](http://StormyMountainBrewing.com).

## THURSDAY, AUGUST 20

### 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](http://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](http://YogaChelan.com).