

A WEEK IN THE VALLEY

FEBRUARY 19-25

A Lake Chelan
Chamber of Commerce
Publication

FRIDAY, FEBRUARY 19

YOGA CIRCUIT

8:30am-9:30am

Develop your yoga practice & create a deeper connection to the functional movement of yoga. For more information, visit YogaChelan.com.

FRIDAY & WEDNESDAY, FEBRUARY 19 & 24

VINYASA YOGA - LEVEL 1

10:00am-11:00am

Move beyond beginning basics and into Level 1 Vinyasa Yoga with Lynda Kennedy. This class focuses on balance, flexibility & safe bending. For more information, visit YogaChelan.com.

SATURDAY, FEBRUARY 20

POWER YOGA

8:00am-9:15am

Explore various forms of ashtanga yoga & vinyasa power with arm balances, hand stands, balances and twists! For more information, visit YogaChelan.com.

GENTLE MIX YOGA

9:30am-10:45am

Gently stretch the muscles, quiet the nervous system and reduce stress with YogaChelan's Gentle Mix. For more information, visit YogaChelan.com.

HOT SPICED HARD CIDER TASTING

11:00am-5:00pm

Visit Rootwood Cider to sip warm, locally grown & made hot spiced hard cider in the orchard where the apples were picked! For more information, visit RootwoodCider.com.

MONDAY, FEBRUARY 22

40 DAYS OF MINDFULNESS

10:00am-11:00am

Begin the journey to finding peace of mind with YogaChelan's 40 day Mindfulness Program over Zoom. No previous yoga or meditation experience is required to join! For more information, visit YogaChelan.com.

MONDAY & WEDNESDAY, FEBRUARY 22 & 24

VINYASA YOGA - LEVEL 2

8:30am-9:45am

Begin your morning with this slightly progressed Vinyasa class! Practicing Level 2 Vinyasa Yoga will leave you energized and with a sense of well being throughout your day. For more information, visit YogaChelan.com.

TUESDAY & THURSDAY, FEBRUARY 23 & 25

YOGA BASICS

10:00am-11:00am

Join Lynda Kennedy in exploring your own pace and level within the basics of yoga. Enjoy learning more about functional movement, reducing stress & building strength! For more information, visit YogaChelan.com.

WEDNESDAY, FEBRUARY 24

MYOFASCIA & YIN

6:30pm-7:30pm

Take advantage of this combo class that focuses on stretching the connective tissues, myofascia & ligaments that are not exercised as often. For more information, visit YogaChelan.com.

THURSDAY, FEBRUARY 25

CORE-YO

5:15pm-6:15pm

Be ready to be challenged in YogaChelan's yoga for the core! Work on standing balance, arm balance and overall strength. For more information, visit YogaChelan.com.

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

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