

# A WEEK IN THE VALLEY

# MARCH 5-11

A Lake Chelan  
Chamber of Commerce  
Publication

## FRIDAY, MARCH 5

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

## FRIDAY & WEDNESDAY, MARCH 5 & 10

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

## SATURDAY, MARCH 6

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

### CHEF'S TABLE

6:00pm-9:00pm

Visit Campbell's Pub & Veranda to enjoy seasonal & locally inspired dinner courses, paired with wine from Fielding Hills Winery. For more information, visit [CampbellsResort.com](http://CampbellsResort.com).

## MONDAY & WEDNESDAY, MARCH 8 & 10

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

## TUESDAY & THURSDAY, MARCH 9 & 11

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

## WEDNESDAY, MARCH 10

### PUB TRIVIA

6:00pm-7:30pm

Pub Trivia at Stormy Mountain Brewing is back! Head downtown to enjoy trivia for all ages & skill levels. For more information, visit [StormyMountainBrewing.com](http://StormyMountainBrewing.com).

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

## THURSDAY, MARCH 11

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

### EDUCATIONAL CLASS & WINE DINNER

7:00pm-10:00pm

Join Siren Song Winery & Restaurants's private chef & winemaker for an evening of olive oil education, tasting and a five-course wine dinner! For more information, visit [SirenSongWinery.com](http://SirenSongWinery.com).