

A WEEK IN THE VALLEY

APRIL 16-22

A Lake Chelan
Chamber of Commerce
Publication

FRIDAY, APRIL 16

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, APRIL 16 & 21

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, APRIL 17

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.

VIRTUAL EARTH DAY FAIR

10:00am-4:00pm

The Chelan Earth Day Fair and Vendor's Row will be celebrated online this year! Enjoy this annual event we all know and love with live breakout sessions and other virtual fun. For more information, visit ChelanEarthDayFair.org.

SATURDAY, APRIL 17

EMERSON VILLAGE RIBBON CUTTING CEREMONY

10:00am-12:00pm

The Chelan Valley Housing Trust is hosting a ribbon cutting ceremony for Emerson Village to celebrate being completely sold-out, and the community is invited! For more information, visit ChelanValleyHousing.org.

MONDAY & WEDNESDAY, APRIL 19 & 21

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, APRIL 20 & 22

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, APRIL 21

WEBINAR SERIES: BUSINESS PRACTICES

12:00pm-1:00pm

Industry experts have teamed up to provide four different webinar sessions to help business owners learn, network and grow profits this year. For more information, and to access the Zoom link, visit LakeChelan.com.

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.

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, APRIL 22

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.