

A WEEK IN THE VALLEY

APRIL 30-MAY 6

A Lake Chelan
Chamber of Commerce
Publication

FRIDAY, APRIL 30

YOGA CIRCUIT

8:30am-9:30am

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

FRIDAY & WEDNESDAY, APRIL 30 & MAY 5

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 and safe bending. For more information, visit YogaChelan.com.

SATURDAY, MAY 1

POWER YOGA

8:00am-9:15am

Explore various forms of Ashtanga Yoga and 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.

SATURDAY & SUNDAY, MAY 1 & 2

4TH ANNUAL NORM EVANS MEMORIAL APPLE CUP

8:00am-8:00pm

Seattle Inboard Racing Association will be hosting the American Power Boat Association Norm Evans Apple Cup Regatta on Lake Chelan. For more information, visit CycleChelan.com.

SATURDAY & SUNDAY, MAY 1 & 2

HARMONY MEADOWS OPEN HOUSE

10:00am-12:00pm &
1:00pm-3:00pm

Visit Harmony Meadows Tennis & Events Center to check out their many luxury amenities and accommodations at an Open House! For more information, visit HarmonyMeadowsCenter.com.

MONDAY & WEDNESDAY, MAY 3 & 5

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, MAY 4 & 6

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 and building strength! For more information, visit YogaChelan.com.

WEDNESDAY, MAY 5

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.

WEDNESDAY, MAY 5

AMERICAN LEGION MEETING

12:00pm-1:00pm

The Manson Parks building will be hosting American Legion, Post 108 meetings during the first Monday of each month. For more information, 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 and 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 and ligaments that are not exercised as often. For more information, visit YogaChelan.com.

THURSDAY, MAY 6

CHELAN EVENING FARMERS MARKET

2:00pm-6:00pm

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

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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