

# A WEEK IN THE VALLEY

## MAY 14-20

A Lake Chelan  
Chamber of Commerce  
Publication

### FRIDAY, MAY 14

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

#### 15TH ANNUAL LAKE CHELAN LIONS GOLF TOURNAMENT

8:00am

Enjoy a day of golfing at Lake Chelan Golf Course to support our local Lake Chelan Lions Club! For more information, visit [BearMtGolf.com](http://BearMtGolf.com).

#### MANSON RAT ROD CAR REGISTRATION

3:00pm

If you are participating in the Manson Rat Rod Car Show, register your rod at WineGirl Wines! Participants and the public can enjoy music, fire pits, beer and wine all while getting a sneak peek of the cars. For more information, visit [WineGirlWines.com](http://WineGirlWines.com).

### FRIDAY & SATURDAY, MAY 14 & 15

#### 5TH ANNUAL MANSON RAT ROD CAR SHOW

Various times

Head to downtown Manson to check out this year's Monsters in Manson Rat Rod Show! For more information, visit [MoreToManson.com](http://MoreToManson.com).

#### WINEMAKER'S DINNER

6:00pm

Join winemaker Travis Clark and the Amos Rome Vineyards team for a multi-course winemaker's dinner featuring Chef Dan Mallahan. For more information, visit [AmosRome.com](http://AmosRome.com).

### FRIDAY & WEDNESDAY, MAY 14 & 19

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

### SATURDAY, MAY 15

#### 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](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).

#### APPRECIATION DAY

11:00am-2:00pm

Mill Bay Marine is hosting their first annual appreciation day to thank the community and their customers for their loyalty! Join them for a barbeque and enter a raffle for the chance to win Mill Bay discounts. For more information, visit [MillBayMarine.com](http://MillBayMarine.com).

#### CHEF'S TABLE

6:00pm-9:00pm

Visit Campbell's Pub & Veranda to enjoy seasonal & locally inspired dinner courses, featuring wine from the amazing Succession Wines! For more information, visit [CampbellsResort.com](http://CampbellsResort.com).

### SUNDAY, MAY 16

#### YOGA & WINE

10:00am-11:00am

Join Rocky Pond Winery for a 45 minute yoga session followed by a glass (or two) of sparkling wine. For more information, visit [RockyPondWinery.com](http://RockyPondWinery.com).

### MONDAY & WEDNESDAY, MAY 17 & 19

#### VINYASA YOGA - LEVEL 2

8:30am-9:45am

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).

### MONDAY-THURSDAY, MAY 17-20

#### FREE AFTER SCHOOL PROGRAM

3:30pm-5:00pm

Drop the kids off at Harmony Meadows for a free after school program that will teach them the basics of tennis! No equipment necessary. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### TUESDAY, MAY 18

#### TENNIS 101

10:00am-11:00am

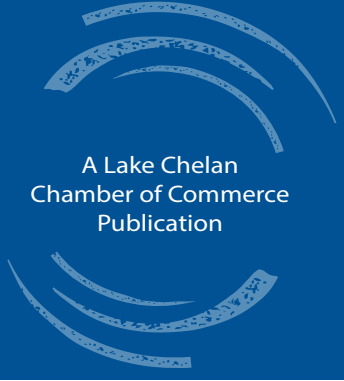
If you've never played tennis before and want to learn the basics, visit Harmony Meadows for a 4-week Adult Tennis course! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

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

509-682-3503 | 800-4-CHELAN | PO Box 216 | 216 E Woodin Ave | Chelan, WA 98816

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### TUESDAY & THURSDAY, MAY 18 & 20

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

### WEDNESDAY, MAY 19

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

### THURSDAY, MAY 20

#### LAKE CHELAN WINE & JAZZ FESTIVAL

12:00pm-6:00pm

Celebrate the local craft and remarkable beauty of the Lake Chelan Wine Valley during the 3rd annual Lake Chelan Wine and Jazz Festival! Jazz performances will take place at several wineries & venues throughout the valley where you can enjoy both wine and food. For more information, visit [ChelanWineJazz.com](http://ChelanWineJazz.com).

### THURSDAY, MAY 20

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

#### TENNIS 201

6:00pm-7:30pm

Have you played tennis before but your game is a bit rusty? Visit Harmony Meadows for a 4-week Beginner Tennis course to get back into the swing of things! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

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