

# A WEEK IN THE VALLEY

## MAY 7-13

A Lake Chelan  
Chamber of Commerce  
Publication

### FRIDAY, MAY 7

#### 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).

#### CROWNING MANSON APPLE BLOSSOM ROYALTY

6:00pm-7:30pm

Join the community for live music and dinner while watching the 2021 and 2020 Manson Apple Blossom crowning ceremony! For more information, visit [NorthShoreBC.org](http://NorthShoreBC.org).

### FRIDAY & WEDNESDAY, MAY 7 & 12

#### 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 8

#### MANSON APPLE BLOSSOM PANCAKE BREAKFAST

6:30am-10:00am

Amiko Severn and her crew will be serving the valley a great pancake breakfast at North Shore Bible Church! For more information, visit [NorthShoreBC.org](http://NorthShoreBC.org).

#### MANSON APPLE BLOSSOM QUILT SHOW

7:00am-2:00pm

Visit the gym at North Shore Bible Church to check out this year's Quilt Show! For more information, visit [NorthShoreBC.org](http://NorthShoreBC.org).

#### 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).

### SATURDAY, MAY 8

#### MANSON APPLE BLOSSOM FUN RUN

7:30am-9:30am

Celebrate the 100+1 anniversary of Manson Apple Blossom with a Fun Run! All proceeds support the Manson Apple Blossom Scholarship Fund. For more information, visit [MoreToManson.com](http://MoreToManson.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).

#### MANSON APPLE BLOSSOM PARADE

11:00am-12:00pm

End 2021 Manson Apple Blossom with a parade! The parade will begin at Lake Chelan Building Supply and end at Manson Bay Park. For more information, visit [MoreToManson.com](http://MoreToManson.com).

### SUNDAY, MAY 9

#### MOTHER'S DAY JAZZ BRUNCH

9:00am-2:00pm

Let Campbell's Resort do the cooking for you and celebrate Mom the way she deserves with fabulous food and live jazz music. For more information, visit [CampbellsResort.com](http://CampbellsResort.com).

#### LOVE & LAVENDER

12:00pm-7:00pm

Visit Siren Song Winery & Restaurant with Mom to enjoy their new spring menu, featuring lavender treats and award-winning wines. For more information, visit [SirenSongWines.com](http://SirenSongWines.com).

### MONDAY & WEDNESDAY, MAY 10 & 12

#### 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).

### TUESDAY & THURSDAY, MAY 11 & 13

#### 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 12

#### 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 13

#### 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).

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

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