

Yogachelan

Yogachelan Newsletter

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River Rafting and Yoga



Another adventure with
Yogachelan!!!

Join Yogachelan for a
River Rafting and Yoga
adventure July 24th.

**Registration deadline July
7th**

The day will include:

- Yoga in the beautiful outdoors
- Catered BBQ lunch
- River Rafting adventure

We so hope you will

Dear Yogis and Yoginis,

What a great time we had on our last adventure, [Zip Lining and Yoga!](#) Our next event is [River Rafting and Yoga](#) on July 24th. What a wonderful place we live.

In July we add a new class, [Yoga Kids](#) with conga drum playing Yoga Dan. We continue [Yoga in the Park](#) through Labor Day and continue by popular demand [Yoga Athlete](#).

Come join us for an adventure or a class.

Namaste'
Lynda, Lisa, and Dan

CHAKRAS

Chakras

(Sanskrit word meaning 'wheels of light')

The Chakras are subtle pulsating electromagnetic energy centers of the body. Like pinwheels, the Chakras spin at the speed of light, emanating the colors of the spectrum, each resonating with a particular frequency. These colors combine to form the auras that surround each of us, connecting us with each other and with the cosmos.



There are seven to eight major and numerous minor Chakras in the body. Their locations correspond to regions of the body where nerves collect and electrical activity is high and interact with the body's ductless

**join us on this fun
adventure!!!**

[Event Details](#)

Yoga Kids

**Have your kids
experience an activity
that they can do for a
lifetime.**



Yoga Kids

July 14 - August 25

Kids, ages 6 -13, come do Yoga with Dan the Rocking Drumming Yoga Man. Your little yogis and yoginis will learn a short yoga routine which they will perform twice during the series while accompanied by Dan on the conga drum.

Sign up deadline July 7

[More information](#)

QUICK LINKS

[Class schedule](#)
www.yogachelan.com

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endocrine glands and lymphatic system by feeding in good energy and disposing of unwanted energy. It is vitally important for our general health and the prevention of illness or 'dis-ease' that we nourish our chakras in the correct way.

The flow of energy in the Chakras can become blocked by life events through the activity of the autonomic nervous system. For example, when we habitually assume a defensive posture in response to negative stimuli, we block the flow of energy in the Chakras. Hatha Yoga counteracts this and re-illuminates the Chakras, stimulating them to spin freely.



Resources

Scientific Keys:Your Guide to Functional Anatomy in Yoga
The Chakra Bible

June in Review

Zip Lining and Yoga

What a fun event. Started the day with Yoga, then zip lining, lunch from Riverwalk Bakery (so good), a hike and yoga in nature, and finished the day with a comedy show by Tim and Larry at Uncle Tim's Cabins in Echo Valley.

Thank you to all who attended and to Tim and Larry for their hospitality, and to Riverwalk Bakery for the wonderful lunches.

To see photos of the event go to the Facebook quick link.

Yogachelan

Yogachelan is owned and operated by Lisa Sloan and Lynda Kennedy. Both are experienced, certified, and insured yoga instructors. They are active in their community, are members of the Lake Chelan Chamber of Commerce, and were New Business of the Year 2009.

The Mission of Yogachelan is to promote the health benefits of yoga and to make yoga accessible to everyone.

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